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Food, Page 1C



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VOLUME 22, NUMBER 14

WEDNESDAY, FEBRUARY 25, 1998

FIFTY CENTS

When moldy is good

Students find interesting ways to learn science

By Scott Cousins
Staff writer

Can you take a picture just as well with a throw-away camera as with a \$400 one? Does the Energizer bunny does keep going and going?

Will the "greasy graph" tell you which fast-food chain has the greasiest fries?

These and other questions have been answered by students participating in the annual Granite City School District's Science Fair.

Judging on about 650 entries was held Friday at Prather Elementary School by high school science students and their sponsors.

"We are trying to encourage the scientific process," said Cindy Mills, chairman of the district's science fair. Hypothesis, problem solving, materials, all of the trials, the procedure and the conclusions and so forth.

"I think that this develops higher level thinking skills, and those skills can be used not only in science, but in other parts of life."

Cindy Mills
Science Fair chairman

Bob Cowan, chairman of the science department at GCHS, said judging went smoothly this year.

"The kids take it pretty seriously and do a wonderful job," he said.

Cory Simpson, one of the judges and a former science fair competitor, said he was impressed by many of the entries.

"I think there are some very interesting science projects here," Simpson said. "We've

competition is by grade level, and is judged by honors science students from Granite City

(See FAIR, Page 6A)

High School



Staff photo by JOHN FRESE

Prather School third graders Chris Hughes and Chelsea Royer wander through the science projects on display in the School District 9 Science Fair.

CYHS names new board members

By Scott Cousins
Staff writer

Two new board members were recently appointed for Coordinated Youth and Human Services — one of them the third generation of his family to serve on the board.

Michael Allen, 39, who works for the Madison County Probation Office, and Ed Hagnauer, 45, a Granite City fireman, were appointed to the board.

Allen is the third generation of his family to serve on the board. His grandfather Milton Allen served on the board for several years, and his father, attorney Richard Allen, is a current board member.

"I think they have a lot of beneficial programs to offer to the community," he said.

I think they have a lot of beneficial programs to offer to the community.

Michael Allen
CYHS board member

He said establishing new programs and maintaining current programs will be his priorities.

"Michael brings tradition, yet additional professional experience for the past eight years with Madison County Probation and Court Services," said Executive Director Gina Golekay. "He is a native and resides in Granite City with his wife Pam and daughter."



Staff photos by JOHN FRESE

The new members added to the board of Coordinated Youth and Human Services over the last year, Rodney Lupardus M.D., Ed Hagnauer and Marcus Allen join board president Kathy Clark. Members Ray Romine and Ed Borderhausen were not available for the picture.

Hagnauer said youth are important, and that he is eager to learn about existing programs.

"I think it's very important to the community that

the youth have programs to help them, to push them in the right direction," he said. "Ed's eighteen years of experience in labor and union representation should

serve to accentuate the needs of the board," Gagnauer said. He told reporters a lifelong career in family community service.

(See YOUTH, Page 7A)

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5 FULLER'S FORECAST

John Fuller, Meteorologist, KSDK NewsChannel 5
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Entrepreneur Lanter dies at 64

By Scott Cousins
Staff writer

Wayne E. Lanter, 64, the Belleville businessman who started as a milkman and built his company into one of a half-dozen "national players" in the specialty warehousing and distribution business, died Monday, Feb. 23, at Barnes Hospital in St. Louis.

He is survived by his wife, Jean C. Lanter, and five children.

In addition to his business, headquartered in Madison, Lanter was a board member of Magna Bank, the Elizabeth Medical Center in Granite City, and McKendree College. In 1996 he was the recipient of the college's Excellence in Enterprise Award and recognized by Ernst & Young as an Entrepreneur of the Year in 1993.

As president and CEO of his company, he was also involved in numerous community and charitable organizations,

including the United Way, the YMCA, and the Catholic Charities.

In a 1996 Journal interview, Lanter said he started by delivering milk door-to-door from 1952 to 1954. In 1954 he purchased a larger truck and started distributing dairy products to local stores.

In 1970, buying in the right place at the right time, with the right experience, allowed Lanter to expand his business.

(See LANTER, Page 6A)

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NEWS

OBITUARIES

Ernest Goeller

ERNEST J. GOELLER, 67, of Granite City, died at 11:15 a.m. Friday, Feb. 20, 1998, in Granite City.

Mr. Goeller was born Sept. 3, 1931 in Vienna, Mo. he had been a retired cobbler at Granite City.

Survivors include his wife, Burdell "Dell" (Rucker) Goeller, two brothers, Clarence Stephens of Granite City; five sisters, Mary Singleton of Granite City; Ethelson of Greenville; Joyce Stephens of Granite City; Norma McKay of Granite City. He was preceded in death by his parents, Clarence and Helen (Suber) Goeller.

He was preceded in death by his parents, Clarence and Helen Suber, and one brother, Olan Goeller.

Services were Tuesday, Feb. 24, at Holy Family Catholic Church in Granite City, with Rev. Wm. Fischer officiating. Burial was at the National Cemetery, Jefferson Barracks.

Memorials may be made to the Masses.

Amy Prussman

AMY M. (BRITTEN) PRUSSMAN, 93, formerly of Granite City, died Feb. 9, 1998, at Lakewood, Kan.

Mrs. Prussman was born on Aug. 5, 1904, in Toledo, Ohio. She was a retired Granite City School teacher.

Survivors include one son, Paul Prussman of Honolulu, Hawaii. She was preceded in death by her husband, Henry Prussman; parents, John and Amy (Henderson) Britten; four sisters; and two brothers.

Arrangements were handled by Shields Funeral Home in Greshfield, with the burial at Oakwood Cemetery.

Wayne Lanter

WAYNE E. LANTER, 64, of Bellville died Monday, Feb. 23, 1998, at Barnes Hospital in St. Louis.

He was founder and CEO of Lancer Company and a member of the Magna Bank St. Elizabeth Medical Center in Granite City and McKendree College. He was recognized by Ernst & Young as an Entrepreneur of the Year in 1993. He was involved in the community and charitable organizations, including the United Way, the YMCA, and the Bellville Lions.

Survivors include his wife, Jean (Pfleiderer) Lanter; mother, Elise (Schlakopak) Lanter; son, Roy, of St. Louis; Shelly, of Chesterfield, and Steve Lanter; Jeff Lanter, and Stacie Royer, all of Bellville; a brother, David Lanter of Kansas City; a sister, Ann Glazier of Belleville; and 12 grandchildren.

He was preceded in death by his father, Arthur Lanter.

Services were scheduled for Monday, Feb. 25, with procession from Klem Funeral Home in Bellville to St. Teresa Catholic Church for Mass, with Rev. Donald Eickenser officiating. Burial was at Greenmount Catholic Cemetery in Bellville.

Memorials may be made to St. Elizabeth Medical Center in Granite City or the American Cancer Society.

Geneva Provo

GENEVIEVE M. PROVO, 87, of Cahokia died at 12:08 a.m. Wednesday, Feb. 18, 1998, in Cahokia.

Mrs. Provo was born on Dec. 9, 1910, in St. Louis. She was a seamstress for Her Royal Factory in St. Louis.

Survivors include two sons, Roy and Robert, of Florida; Fla., and James Robertson of Joliet; a daughter, Fla.; a brother, Roy, of St. Louis; a sister, Norman Herren of Vermillion, S.D.; 11 grandchildren; and 11 great-grandchildren.

She was preceded in death by her first husband, James Robertson; second husband, Gus Provo; her parents, George and Flora Herren; one daughter, Ruth Burdette; a son, Margaret Wilson and Leon Herren; and one brother, Harold Herren.

Services were Monday, Feb. 23, at St. John Cemetery in Dongola, Ill., with the Rev. Bill Owen officiating.

Memorials may be made to the American Cancer Association.

Dolores Brisky

DOLORES M. (THEBEAU) BRISKY, 75, of Collinville died at 5:37 a.m. Sunday, Feb. 22, 1998, at Emeraid Garden Health Care Center in Lebanon. She was born Nov. 18, 1922, in

Granite City

Mrs. Brisky was a member of the St. Peter and Paul Catholic Church in Collinville and the Altar and Rosary Society.

Survivors include her husband, Charles Brisky; two sons, Larry Brisky of Granite City, and Jack Brisky of Highland; one sister, Agnes Vivod of Collinsville; six grandchildren and one great-grandchild.

She was preceded in death by her parents, Frank and Mary Alpha (Bousaw) Thebeau.

Services will be 11:30 a.m. Wednesday, Feb. 25, at Herbert A.

Kaskey Funeral Home Ltd. with the Rev. Michael Jenkins. Burial will be in Jefferson Barracks National Cemetery in St. Louis.

Memorials may be made to the Alzheimer's Disease and Related Disorders Association.

Lucille Roberts

LUCILLE (MITCHELL) ROBERTS, 75, of Granite City died at 11:30 a.m., Feb. 20, 1998.

Mrs. Roberts was born on Jan. 9, 1923, in Grand Tower. She had been a member of the Unity Chapel, and was a spiritualist minister during

the 1970s and 1980s.

Survivors include five daughters, Betty Hackney of Freeburg, Virginia; Barbara of St. Jacob, Fronia Matheny of Granite City, and Marcella Luckhah all of Granite City; two sons, William Roberts of Granite City, and Keith Roberts of Brighton; one brother, John Roberts of Maysborough; one sister, Easie Fox of Maysborough; 16 grandchildren; and 11 great-grandchildren.

She was preceded in death by her husband, William Roberts; Sher-

man and Fronia Mitchell; and one son, Paul Roberts.

Services were held on Monday (See DEATHS, Page 7A)

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NEWS**Police**

(Continued from Page 1A)
employees getting upset, went to the counter and saw Reveille with the gun.

Reveille, an employee closed the drive-through window and called police.

An officer was dispatched to the Jack in the Box and saw two men in a pickup truck in the drive-through, and saw that the driver had a gun.

The officer ordered the two men out of the truck at gunpoint.

The driver, Reveille, told the officer that he did have a gun but was only joking around.

Upon searching the truck, the officer found an unloaded stainless steel pistol, plus 22-caliber ammunition.

The passenger was released without being charged. Reveille is currently in Madison County Jail on bond of \$10,000.

In an unrelated incident, a Granite City police officer stopped a car at 7:10 p.m. on Sunday for having an obstructed windshield.

According to police reports, officers saw one open and two full cans of Colt 45 Malt Liquor on the front seat.

The officer asked if the driver was drinking, and he said no. Officers then asked if they could search the vehicle, and was given permission by the driver.

While searching, an officer discovered sticking out of a purse a .380-caliber semi-automatic pistol, with six rounds in the magazine but no rounds chambered.

Officers then arrested Theresa King, 45, of Indianapolis, Ind., for unlawful use of a weapon.

She is being held on \$5,000 bond.

A third indictment was handed down Monday against Arthur Gobean, 37, who is charged with the same count of retail theft of over \$150 for allegedly stealing from the Granite City Kmart.

Bond has been set at \$5,000.

Lanter

(Continued from Page 1A)

"Swift & Co had a packing company in St. Louis and were looking for a trucking company with experience in refrigeration," Lanter said then.

"I think we came into our niche in 1970."

He expanded operations into the Kansas City area in 1974 and started diversifying in 1979.

One of the first new areas was candy distribution.

Lanter said because of problems with temperature control, many chocolate companies did not even ship during the summer.

He also said having the right attitude was important.

"The customer is always right and we do whatever we need to do to satisfy him."

The funeral procession will begin at 10 a.m. today, and will go from Kurrus Funeral Home, 657 N. 57th St. in Belleville, to St. Teresa Catholic Church.

A Mass will be celebrated at 10 a.m. at the church and burial will be at Greenmount Catholic Cemetery, Belleville.

Other survivors include his mother, Elise (Schubkagel) Lanter; children Kim Friedman of St. Louis, Sheri Strauss of Champaign, and Steve Lanter; Jeff Lanter, and Stacie Royer, all of Belleville; a brother, David Lanter of Kansas City, Mo.; a sister, Ann Glaze of Belleville; and 12 grandchildren.

Mondays may be made to St. Elizabeth's Medical Center, Granite City, or the American Cancer Society.

Zoo

(Continued from Page 2A)
hedgehogs, guinea pigs and tortoises, Seyfried said. The Zoo also will rotate other Zoo animals through a series of glass cases.

The new building is being constructed as an addition to the existing Children's Zoo building, which will remain in use for research, animal housing and other uses. McGuire said the Zoo's own staff is handling almost \$700,000 worth of the work. Hankins Construction is the general contractor.

The new Zoo is only one part of the Zoo seeing construction activity.

"Out of 90-plus acres, we have 14 acres under construction," McGuire said. That construction includes work on the River's Edge display, replacing the current elephant exhibits. The Zoo is also enlarging its gift shop and improving the central walk areas with new paving and lighting.

"We expect to have a major exhibit opening every year for several years," McGuire said.

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NEWS Deaths

(Continued from Page 4A)
FRED WERNER—Werner Chapel in Granite City died with Rev. Ellen Hues officiating. Burial was at St. Clair Memorial Park.

Memorials may be made to the Unity Chapel or the American Cancer Society.

PANSY PALMER

PANSY (LAWRENCE) PALMER, 70, of Granite City died Wednesday, Feb. 18, 1998, at Fort Walton Beach, Fla.

Ms. Palmer was a member of St. Elizabeth's Catholic Church in Granite City. Women of the Moose Lodge and the Moose River and the Eagles Auxiliary 108.

Survivors include her husband, Thomas Palmer, one son, Thomas Palmer, and one grandchild, Kendall Palmer.

She was preceded in death by her parents, Charles and Effie (Dunn) Lawless; four brothers and two sisters.

Services were Tuesday, Feb. 24, at St. Elizabeth's Catholic Church in Granite City. Burial was at Lake View Memorial Gardens.

Memorials may be made to the American Diabetes Association, Lake View Funeral Home handled the arrangements.

Youth

(Continued from Page 1A)
Hagnauer and his wife Paula are heavily involved in community and others through the firefighters' union.

In other recent action, the CYHS board appointed new officers for 1998. They are: Kathy Clark — president; Dr. Gary Allison — vice-president; Dr. Rodney Lupardus — secretary; and Robert Martinez — treasurer.

The agency provides programs, facilities and personnel to promote the needs of youth, their families and others. Programs include health, education and prevention services. Health programs through the Women, Infant & Children program; and AIDS prevention, counseling and case management services.

The agency also provides educational programs for at-risk students from local school districts, and counseling for chronic truants.

Fast

(Continued from Page 3A)
them learn about hunger and what they can do to help others.

In 1997, more than 500,000 American youths raised more than \$5 million through the 30 Hour Famine.

Douglas McGlashan, national director of the 30 Hour Famine, has seen the program grow dramatically over the past few years.

"Young people in this country have a enormous compassion for children and families in need," he said in a prepared statement. "The more they learn, the more they become committed to making a difference in their world."

"We can all learn from their example and enthusiasm," he said.

For more information on Calvary's 30-hour Famine, call 931-4106, or call World Vision at (800) 7-FAMINE, or visit their Web site at www.30famine.com.

Bars

(Continued from Page 1A)
Newsome said the suspect had a long criminal history, including serving a prison sentence for a previous shooting.

Police were waiting to talk to the victim, who was expected to receive written statements from several witnesses.

About two hours earlier, police responded to a report of an unrelated disturbance at the Robin's Nest.

A 44-year-old man was allegedly stabbed by a former girlfriend in the parking lot of the Robin's Nest, 113 Slocum Rd. He was treated for stab wounds in the leg at St. Elizabeth Medical Center in Granite City and then released.

At the scene, officers reported a car left the bar's parking lot with the stabbing victim.

The suspect had also left the scene, and was later arrested at Venice Homes.

The suspect, 27, said she had been at the bar with friends, saw the victim and started to argue about a child support. She said the argument turned into a fight, and she became afraid of the victim and pulled a pocket knife, stabbing him in the leg.

Both the victim and a witness, his current girlfriend, said the suspect ran out from behind a van and started stabbing him with a knife.

Police expected to go to the Madison County State's Attorney's office for charges Tuesday or Wednesday.

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NEWS

HONOR ROLLS

The following students at FROHARDT ELEMENTARY SCHOOL in Granite City earned academic honors during the second quarter of the 1997-98 school year: Anders, Grade 6 — Megan Anders, Andraya Rees, Joshua Rice, Kenneth Rodgers, Emily Settemo, Kristin Swiley.

The following students at LAKE ELEMENTARY SCHOOL in Granite City earned academic honors during the second quarter of the 1997-98 school year: Straight A's.

Grade 6 — Jennifer Colter, Grade 5 — Emily Cross, Crystal Lusk, Samuel Birker, William Campbell, Jessica Miles and Amanda Wright.

Grade 4 — Crystal Bell and Danielle Dennis.

Grade 6 — William Allsup, Drew Arbogast, Daniel Clark, Leah Lusk, Ashley Ray, Jessica Ray, Ashley Roberts, Whitney Ruehwer, Kristin Sauer, Amy Sauer, Alyson Stred, Taylor Stratton, Alyson Stred, Emily Szezal, Andrea Szerzinski, Kristin Thebeau, Josephine Turchi, Katelyn White, Grade 5 — Eric Ashby, Brittany Clark, Adam Cottrell, Casey Culotta, David Dow, Lauren Divers, Kevin Faukner, Daniel Fazli, Emily Fouts, Bryan Fulton, Sean Glent, Brian Gruber, Grade 6 — Christina Halwachs, Rachel Harris, Sasha Koehler, Alex Kwiatkowski, Zachary Lesser, Jason Long, Monicola, Jennifer Miltont, Kristopher Mungar, Adam Nonn, Stacy Orris, Karolyi, Page, Linda Pacholski, Jennifer Pease Richardson, Emily Smallman, Brandon Tackas, Kasey West, Kyle Worsley, Laura Zehner.

Grade 5 — Kyle Beasley, Heather Bodkin, Christine Bracamontes, Matthew Brink, Michael D'Amato, David DeVitt, Michael Dody, Ashley Drury, Ashley Eavenson, William Ellington, Michael Fryala, Susan Hirsch, Michael Hirsch, Taylor Hay, Kelsey Johnson, Kelli Laub, Coy Lindsay, Stephen Loyd, Eric Luperdus, Clinton Mueller, Ian Nesbit,

da, Amy Dioneda, Lisa Drennan, Rebecca Hommeyer, Aaron Huff, Brandon Mattox, Michael Mungar, Alie Rigsby, Nicole Rushing, Kevin Schneide, Summer Weiss and Anthony Wilson.

Grade 5 — Tammy Brewner, Lacey Gamblin, James Kristoff, Bruce Miller, Jennifer Simpson, Philip Wills, Stacey Wise and Kristiana Wills.

Grade 4 — Jessica Arnold, Michael Bessinger, Jeremy Briggs, Jason Drennan, Robbie Mathews, Deborah Migneron, Lorrie White, Alli Wills and Andrea Young.

The following students at MARY BETH ELEMENTARY SCHOOL in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 6 — Jessica Aiello, Rebecca Ambrose, Zane Bader, Shaleen Baker, Stacie Flanagan, Amanda Foote, James Gerber, Daniel Hancock, Michael Hirsch, Vicki Johnson, Sami Kuehnel, Kristina Lusk, Samuel St. John, Heather Wolfe.

Grade 5 — Ackery Atman, Kristen Haydan, Alisa Hazzah, Jessica Thomas, Natalie Wilson, Robbie Cross, Anthony Davault, Keith Davis, Evelyn Davis, Corey Doty, Jennifer Eller, Christopher Fugate, Candace Gabbray, Bryan Gandy, Marciela "Nana" Hernandez, Armando Jacobo, Christopher Johnson, Michael Patton, Jessica Perryman, Brandy Price, Elizabeth Smith, Tabitha Smith, Loren Taylor, Vicki Vining, Edward Wartman and Lisa Wise.

Grade 4 — Nick Broyles, Melana Carrasco, Tim Chastain, Kristin Chastain, Tom Horan, Jordan Murphy, Kimberly Smith, Katesha Sudgett, Stephanie Trunnell and Aubon Walker.

The following students at MARY BETH ELEMENTARY SCHOOL in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 6 — Heather Angier, Jeremiah Angerillo, Michele Baker, Joshua Borkowski, Pauline Bradley, Kelli Laub, Coy Lindsay, Stephen Loyd, Eric Luperdus, Clinton Mueller, Amanda Dicne-

SCHOOL in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 6 — Chris Baugh, Alan Boone, Stacy Colp, William Connolly, Jessica Curtis, Bryan Frost, Courtney Goode, Michael Morris, Kristin Nease, Kristin Nease, Heather Hornsey, Josh Lipaski, Matthew Morris, Daniel Oliver, Michael Patel, Erin Pfeifer, Jason Rausch, Jason Smith, Carrie Taylor and Kelly Wilson.

Grade 5 — Amy Baugh, Amanda Baker, Nicolle Chandler, Vanja Chervich, Ashley Colby, Nochelle Harris, Samantha Jones, Kristin Kamm, Kyle Klaeske, Mallory Koesterer, Crystal Krause, Travia Lansaw, Aaron Larsen, Cally Laughlin, Kristin Million, Joie Muller, Caitlin O'Toole, Josh Paschadag, Mallory Presswood, Derek Rensing, Tiffany Shewell and Kristin Nida.

Grade 4 — Danielle Brewer, Denise Bridgeman, Nikki Briggs, Jennifer Brink, Vicki Fischbeck, Brad Stone, Ashleigh Strader, Jennifer Thomas, Jared Warren, Rachael Wilbur and David Wykoff.

Grade 3 — Kristin Callender, Kristen Carrabine, Sara Crook, Danielle Fuhrman, Candice Fuller, Rhonda Gandy, Kristin Gandy, Jessica Martin, Sunnie Munro, Thomas Nance and Adam Saltsgitter.

The following students at PRATHER ELEMENTARY SCHOOL in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 6 — Ebonye Ashley, Danny Barber, Jennifer Brantley, Christine Corrao, Jennifer Czank, Ashlee Dill, Rowena Jacir, Courtney Keil, Amber Lynch, Heather Ryan, Amanda Schenke, Joshua Schubert, Kristin Smith, Staci Smith, Elizabeth Vazquez, Joseph Welch.

Grade 5 — Bryan Baxter, Brandy Blackstone, Helen Dickerson, Tina Dilbeck, Andrew Humphrey, Daniel

Jackson, Rayshawn Johnson, Shon Kon, Courtney Kendra, Amber Korn, Channon Leadlove, Shawna Lemaster, Kharli Price, Mike Rowart, Abitha Seng, Henry Spieh, Spencer Stevens, Tia Whittford, Joshua Wilson.

Grade 4 — Norma Allen, Johanna Baker, Nicolle Chandler, Vanja Chervich, Ashley Colby, Nochelle Harris, Samantha Jones, Kristin Kamm, Kyle Klaeske, Mallory Koesterer, Crystal Krause, Travia Lansaw, Aaron Larsen, Cally Laughlin, Kristin Million, Joie Muller, Caitlin O'Toole, Josh Paschadag, Mallory Presswood, Derek Rensing, Tiffany Shewell and Kristin Nida.

Grade 3 — Kristin Callender, Kristen Carrabine, Sara Crook, Danielle Fuhrman, Candice Fuller, Rhonda Gandy, Kristin Gandy, Jessica Martin, Sunnie Munro, Thomas Nance and Adam Saltsgitter.

The following students at ST. ELIZABETH ELEMENTARY SCHOOL in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 6 — Jeff Bladlock, Brian Clegg, Nathan Gusewelle, Jennifer Harkins, Heather Kenney, William Kutosky, Scott Mullen, Tony Ruesing, Lindsay Schardan.

Grade 5 — Jason Aryan, Courtney Crews, Julie Dombeck, Katie Hatzscher, Leslie Kalogou, Lindsay

Krakovich, Andrea Mengi, Nick Pasqua, Abel Silva, Laura Stanfill.

Grade 4 — Erico Casper, James Crain, Ryan Goede, Mike Hockick, Jason Lancas, Yvette Lutz, Brian Poirier, Ashley Schmid, Tabbatha Sipe, Brittney Vaughn.

Grade 3 — Jennifer Apolin, Dennis Blas, Jim Clegg, Kyle O'Vilar, Crews, Jenna Ely, Megan Gavlik, Sarah Kromra, Hannah Kutosky, Steven Lickenbrock, Joe Lofland, Mark Ryan, Lauren Smith.

Grade 2 — Brittnay Bawer, Bryant, Cindy Bawer, Christopher Bawer, Tasha Caviglio, Michael Castillo, Tasha Dittamore, Jonathan Dombeck, Jonathan Dresch, Edward Gense, Thaddeus Gordon, Michael Gusewelle, Luray Guiles, Jessica Nickle, Michael Ryan, Jessica Scarborough, Leah Stanfill, Lauren Smith.

The following students at WILSON ELEMENTARY SCHOOL in Granite City earned academic honors during the second quarter of the 1997-98 school year:

Grade 6 — Joseph Becherer, Daniel Boller, Jason Coy, Gabe

(See HONORS, Page 9A)

(Continued from
Page 5A)
David P. J.
Doddson, Nathaniel
Derrick, Emily
Josh Julius, Jason
Lancas, Yvette
Poirier, Brian
Ashley Schmid,
Tabbatha Sipe,
Brittney Vaughn
Grade 5 —

All Pro AIR DUCT CLEANING

Electrostatic
Air Filters
Available

\$139.00

Up To
10 Vents

No Hidden Costs
344-2400

Removes
Mold • Pollen • Bacteria

FREE
Sanitizing
Deodorizer
\$39.00 Value

Reduces
Allergy Symptoms
Dust Reduction

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5 Shows Under One Roof:
 Building Products Show
 Kitchen & Bath Showcase
 Interior Design Gallery
 Lawn & Garden Show
 Pool & Spa Extravaganza
 Everything you've ever dreamed of for your home and garden!



Learn from world renowned Dr. Tony Hyman if your item is Trash or Treasure. Appearing All Show Days.

Produced by the



Bringing St. Louis Quality Shows For 21 Years!
www.stlba.com

HOME & GARDEN SHOW

FREE ADMISSION

Buy one regular priced adult admission & get one FREE!
America's Center & TWA Dome
 Good only Wed. 5 p.m.-10 p.m.;
 Thurs. 11 a.m. to 10 p.m.; Fri. 11 a.m. to 5 p.m.
 Not good with other discounts or offers, no mechanically reproduced coupons accepted.
 Present at Box Office.

THE BIG SHOW IS HERE...

St. Louis 21st Annual Builders Home & Garden Show

February 25-March 1, 1998
 America's Center & TWA Dome

Features, Seminars, Shows, Workshops & More!

Ultimate Front & Back Yard
 Life-size home backdrop blooming with flowers, trees, waterfalls and a swimming pool.

How-To Workshops from The Home Depot
 Let their pros make you a home repair and remodeling expert.

"Trash or Treasure"
 BRING your favorite items and learn if they are Trash or Treasure.

St. Louis Post-Dispatch Green Thumb Theater
 Master gardeners will help consumers discover their own green thumb.

Laclede Gas Cooking Show
 Lighten-up Old Favorites with Laclede Gas Home Economist

Suburban Journals' Family Fun Entertainment Area
 Challenge the giant slide, wander through Carmen the Caterpillar and become a pinball whiz all in the FREE Family Fun Area.

Show Hours
 • Wednesday, Feb. 25 5 p.m. to 10 p.m.
 • Thursday, Feb. 26-Saturday, Feb. 28 11 a.m. to 10 p.m.
 • Sunday, March 1, 11 a.m. to 6 p.m.

Admission
 \$7 adults
 \$2 children 6-12
 Under 6 FREE

FREE CHILDREN'S ADMISSION AT THE HOME DEPOT

FREE SENIORS' ADMISSION IN THE SUBURBAN JOURNALS

Parking
 Ride the FREE shuttle from the Arch/Laclede's Landing parking lots!



The Builders Big Show!

IT FEELS LIKE SPRING AT 21ST ANNUAL BUILDERS HOME & GARDEN SHOW

Step into Spring at the St. Louis 21st Annual Builders Home & Garden Show February 25-March 1 at America's Center and TWA Dome. A member of the National Home & Garden Show Series presented by The Home Depot, the show features more than 500 exhibitors in more than 1,500 booths.

The Builders Home & Garden Show is produced by the Home Builders Association of Greater St. Louis and is the largest consumer home show in the country. This show is really five shows in one and consumers will find everything for their home and garden under one roof.

1. Kitchen & Bath Show
 No more driving around from showroom to showroom. Consumers will find a showcase of quality cabinets, counter tops, bathroom fixtures, sinks and tubs in a variety of prices.

2. Building Products Show
 Whether you are doing a full remodeling job or just a quick fix the perfect products can be found here. From windows and doors to insulation and drywall.

3. Interior Design Show
 Interior solutions are easy to find in the *Interior Design Gallery*. Local design and remodeling experts will give insightful presentations on the *Gallery stage*. Throughout the *Gallery* consumers will find furniture, window treatments, floor coverings, wall treatments and interior design accessories. In the North end of the dome an enormous furniture auction will take place. Consumers will find unusual pieces at bargain prices.

4. Lawn & Garden
 An entire area packed with your front and back yard needs. Top manufacturers such as Snapper and Toro will

help make your yard into a masterpiece.

5. Pool & Spa Extravaganza
 Do you need *In-spa-ration*? It can be found in the *Pool & Spa Extravaganza*. Beneath swaying palms an entire area is dedicated to helping consumers create a vacation in their own backyard.

Trash or Treasure
 Before remodeling can begin it is a good idea to throw out some junk. But Dr. Tony Hyman says not too fast. Author of *Trash or Treasure*, Dr. Hyman is an expert on how to find the best buyers of antiques, collectibles and other undiscovered treasures. Bring your favorite collectible and find out if it is trash or treasure, what is its worth.

Theaters and Seminars
-St. Louis Post-Dispatch Green Thumb Theater for all your lawn and garden questions.

-Home Depot How-To Workshops
-Laclede Gas Cooking Stage, learn how to lighten-up old favorites.

-Interior Design Theater discover the best ideas for decorating and enhancing your home.

Ultimate Front & Back Yard
 It is sure to feel like spring when con-

sumers stroll through the *Ultimate Yard*. The front and back yard, totaling almost one-third of an acre, will be professionally landscaped against the backdrop of a home. Thousands of blooming plants will lead consumers through the front door into a magnificent backyard setting. Consumers will want to dip their foot in the full-size in-ground pool that is the focal point of the backyard.

Family Fun
 There's something for everyone with a visit to the *Suburban Journals Family Fun Area*. Free to all show visitors, children and adults can challenge the giant slide, tangle with Carmen the Caterpillar or become a pinball whiz with games from *Warehouse of Games*. Also, win valuable prizes from Advanced Satellite.

"The Builders Home & Garden Show is in its 21st year of providing St. Louis consumers with the largest assortment of products and services for the home under one roof," said Gary Zide, Home Show Manager.

In case of rain, the project will be moved to April 26.

Volunteers will be supplied with bright orange and yellow T-shirts, and will wear white gloves to make them more visible to motorists. Most of the volunteers will work together in teams of eight youth and adults.

"Suburban Journals is our number one object," Tiemann said.

Local law enforcement agencies have been alerted to the program, she said.

Each team will be assigned a stretch of up to two miles along one side of the roadway.

The goal will be to fill up 1,500 trash bags, estimated at 500

NEWS

SCHOOL MENUS

Feb. 25 - March 3
Granite City Public Schools

WEDNESDAY, Feb. 25 — Breakfast: Cereal, toast and jelly, banana, milk; Lunch: Grilled chicken or whole wheat bun with lettuce and tomato, strawberry Jello with diced pears, milk.

THURSDAY, Feb. 26 — Breakfast: Breakfast cereal, yogurt halves, milk; Lunch: Baked turkey and dressing, mashed potatoes, whole kernel corn, dinner roll, strawberry Jello.

FRIDAY, Feb. 27 — Breakfast: Cinnamon toast, mixed fruit, milk; Lunch: Fish nuggets, macaroni and cheese, bread, applesauce, milk.

MONDAY, March 2 — **NO SCHOOL** CASSIUS CLAY DAY

TUESDAY, March 3 — Breakfast: Baked ham, baked potatoes, carrots, bread slice, pineapple, milk.

TUESDAY, March 3 — Breakfast: Cereal, toast, milk; Lunch: Pizza, hamburger on bun, dill pickles, French fries, apricots, milk.

St. Elizabeth

WEDNESDAY, Feb. 25 — Lunch: Grilled cheese sandwich, tomato, potato chips, carrots, sticks, pickle, Jello, milk.

THURSDAY, Feb. 26 — Lunch: Beef burrito, beans, salad, corn, green beans, cake, milk.

FRIDAY, Feb. 27 — Lunch: Meatless spaghetti, salad, chocolate cake, cake, milk.

MONDAY, March 2 — **NO SCHOOL** CASSIUS CLAY DAY

TUESDAY, March 3 — Lunch: Baked ham, baked potatoes, carrots, bread slice, pineapple, milk.

Holy Family

WEDNESDAY, Feb. 25 — Lunch: Grilled cheese sandwich, tomato, potato chips, carrots, sticks, pickle, Jello, milk.

THURSDAY, Feb. 26 — Lunch: Beef burrito, beans, salad, corn, green beans, cake, milk.

FRIDAY, Feb. 27 — Lunch: Meatless spaghetti, salad, chocolate cake, cake, milk.

MONDAY, March 2 — **NO SCHOOL**

TUESDAY, March 3 — Lunch: Sloppy Joe on bun, buttered noodles, pickles, corn and date squares, milk.

Symposium to discuss teenagers

By Jason White
 Staff writer

The risks of adolescence will be addressed at an area-wide symposium next month.

The Alpha Upsilon Sigma chapter of the Sigma Gamma Rho Sorority Inc. will host "The In-Bag: A National Community-wide Symposium on Adolescent Issues," from 10 a.m. to 2 p.m. March 14 on the second floor of the St. Louis YMCA at 2200 Delmar Blvd., St. Louis.

The free symposium will address academic failure, AIDS, child abuse, cultism and Satanism, dropping out, date rape, drug and alcohol abuse, gangs, homelessness, racism, sexism, teen pregnancy, suicide, teenage pregnancy and violence at school and home.

"The intent of the symposium is to focus upon the critical issues that face many of today's youths who are in the risky business of growing up," International Grand Basileus LaRona J. Morris said.

From 1-1:45 p.m., a panel of professionals will share their stories, experiences and advice with the audience.

The panel will include former gang members, former substance abusers or those who have considered suicide.

From 1:45 p.m. to 2:15 p.m., a panel of youths will share their stories, experiences and advice with the audience.

The panel will include former gang members, former substance abusers or those who have considered suicide.

From 1-1:45 p.m., a panel of professionals will share their stories, experiences and advice with the audience.

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NEWS

Abeln, alleged accomplice each plead not guilty in murder caseBy Jason White
Staff writer

Two men have pleaded not guilty to federal charges that they plotted to kill a mother of three as part of a drug conspiracy.

Richard C. Abeln, 44, of Sappington in south St. Louis

County, and Guy J. Westmoreland, 36, of Florissant, Mo., entered their pleas last week at an arraignment in U.S. District Court in East St. Louis.

A masked gunman fatally shot Abeln's wife, Debra Abeln, twice with a sawed-off shotgun on Dec. 27 at CRT Aviation, Richard Abeln's busi-

ness at St. Louis Downtown-Parks Airport in Sauget. Richard Abeln and his wife were seen witnesses to the shooting, which police said was staged to look like an armed robbery. Richard Abeln has two other children, ages 17 and 21.

Police said Abeln confessed to having Westmoreland set up

the shooting to settle a debt. An Illinois State Police investigator was in the Illinois circuit court in January that Westmoreland told him that DeAndre Lewis, an employee at Westmoreland's gas station, was the gunman. The gas station is near from Abeln's other business, Jelfco Trucking at

800 E. Taylor Ave. in south St. Louis County near Crestwood. Police said Lewis, 21, of St. Louis, was there at the shooting but that the gunman was another employee at the gas station. Lewis is being held in St. Louis on unrelated federal charges of being a felon in possession of

two sawed-off shotguns and possession of narcotics with intent to distribute.

In addition, Abeln and Westmoreland were charged with conspiring to distribute over 5 kilograms of a cocaine-marijuana mix.

Abeln was also charged Feb. 4 with using an international transportation facility, Parks Airport, in furtherance of a mailing conspiracy and with interstate travel to commit a murder.

Attorneys for the two men have said they may seek separate trials because the Feb. 4 indictment differs from the charges they were arrested on in early January.

Federal, state and local law enforcement agencies are continuing to search for the man named as the gunman, who disappeared after Lewis was arrested.

Catholic schools feel crunchBy Mark Hodapp
Staff writer

Area public schools are not the only ones experiencing growth problems.

Several Catholic schools are facing similar predicaments.

In fact, St. Clare School in O'Fallon — the largest school in the Belleville Diocese with 430 students — currently has waiting lists for grades K-3.

St. Teresa School in Belleville and St. Albert the Great Grade School in Fairview Heights are facing similar growth-related problems.

In fact, all three of these schools are considering possible expansion projects. But unlike a public school, which has members for funding, which ultimately must be approved by the diocese's building committee. As a general rule, the committee requires a church to have at least one-half of project's expenditure on hand before it'll approve any building plan.

St. Clare and St. Albert face one other common dilemma: its current campuses are landlocked.

While St. Teresa can build an addition on its site, parking will always be a premium, the Rev. Donald Eichenseer said.

St. Clare Church recently polled its parish about several current growth issues facing the school. The results of the survey are being compiled, Principal Ken Pajares said.

Pajares said the survey had a twofold purpose:

— To get the members views on a possible expansion of the school.

— To make the members aware of its current growth problems.

Pajares said St. Clare started having waiting lists in 1994.

"We had only a couple kids on the list then," he said.

Last year there were 20 children on the waiting list for kindergarten alone.

Pajares said he expects a similar number of students will appear on next year's waiting list.

"People used to say the town was growing because of Scott Air Force Base," he said.

Last year, St. Clare purchased three pieces of property behind the school, which the school hopes to use for expansion.

"That gives some room for growth," Pajares said. "But we really need to have more land."

St. Teresa will need to add at least one additional classroom by August 2000, Eichenseer said. He pointed out that St. Teresa currently only offers two sections of each grade in its elementary school except sixth, where only one section is offered.

To handle its growth, St. Teresa has also brought in one modular unit, Eichenseer said. "We've also divided off our cafeteria for one classroom," Eichenseer said.

St. Teresa has also had to trim the size of its computer lab and library to make additional room.

Eichenseer said St. Teresa — which has 364 students — should continue to see some modest growth in the future.

St. Albert, which is located by St. Clair Square, may even have to convert its convent for classroom space in the future. Principal Sister Mary Jane Nowakowski said.

"That is something we'll have to look at possibly down the line," she said.

St. Albert currently has approximately 237 students and is experiencing some growth, Sister Mary Jane said.

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SPORTS

Section B

Wednesday, February 25, 1998

Granite City Journal

Class A all-state basketball listing

Page 3B

Granite City falls to Collinsville

Page 3B



Art Voellinger

Wrestling has weighty issues to consider

In addition to congratulating O'Fallon High School wrestling Coach Bill Matzker and 130-pound Chuck Burrows for their second consecutive trip to the Illinois state wrestling finals, I found additional reason to credit them.

During my association with the coach and the athlete, I've never heard any reference to weight loss or the pressure prep wrestlers put on themselves to be able to compete at a particular weight level.

If you already are not aware, during a 33-day span in November and December, three collegiate wrestlers died. All three claimed to have died after strenuous weight-loss workouts in Oregon, Kansas and Minnesota, respectively.

Could the same thing happen on the high school level? That's not my concern, this interview, but according to Matzker, he has monitored body fat in such a fashion that there should be no concern of a fatality at O'Fallon or other schools with similar concern.

"I've been using a caliper to measure body fat about 10 sessions," said Matzker.

"Seven percent is generally considered a safe level," said the veteran coach.

"Measuring for body fat is valuable," said Matzker, "but there's always a concern for dehydration."

"Losing body fat is a slow and difficult process, while dehydration can be accomplished very quickly."

Before expanding on the dehydration point, I informed Matzker that what he does is similar to a system used by the Wisconsin Interscholastic Athletic Association and noted in a recent issue of the Clinical Journal of Sports Medicine.

In Wisconsin, where the state has nearly 9,000 high school wrestlers, a test, also known as skinfold measurement is administered by a state-trained assessor who takes measurements of the different parts of a wrestler's body with a specially designed caliper.

This information is fed into a computer, along with the wrestler's height, weight and other pertinent data. A printout shows what the wrestler would weigh if he got down to seven percent body fat. That number is then considered the wrestler's minimum safe weight and he is not allowed to wrestle below it.

According to Don Herrmann, chief executive of the Wisconsin High School Association, there is a loophole in their system.

Apparently, the problem is with wrestlers dehydrating prior to the measurement. For example, a 150-pound athlete with 15 percent body fat might be told the minimum weight at which he could wrestle would be 125. But if prior to the measurement, he takes off 10 pounds of fluid, he might weigh in with the same body fat he had at 150.

According to Matzker, "the same wrestler is more likely to get to that ideal 125 pounds during the season by dehydration rather than losing body fat."

The Michigan High School Association adopted the Wisconsin program but went a step further and eliminated the problem of wrestlers dehydrating before the measurement. Michigan requires a urine test that discloses whether or not an individual is in a normal state of hydration. If the sample shows the wrestler is dehydrated, he is turned away and tested later.

Which types of testing can be costly and would lead to retesting before every weigh-in. While the states study the Wisconsin and Michigan plans, they might be wiser to follow the Matzker method.

Baker named all-state



Madison senior Maurice Baker averaged 29.6 points and 11.3 rebounds per game during the regular season.

Madison senior guard earns first team honors from AP

By Patrick C. Heston
Staff writer

What can you do with a player like Madison's Maurice Baker?

Opposing coaches and players have been unable to answer that question all season long, but the Associated Press had no trouble finding an answer this past weekend.

The Associated Press named Baker to its 1998 all-state team. Baker was a first-team selection.

The 6-foot team leader for the Trojans was joined by the first team by Spring Valley Hall guard Shawn Jeppson (6-2, senior), Providence St. Mel forward Linton Johnson (6-8, senior), Riverton forward Garrett Thomas (6-0, senior) and Waterloo Gibault center Chris Braus (6-10, senior).

Baker led graduation-depleted Madison to a 13-13 record, including a forfeit win against St. Louis Gateway. His averages through 25 game regular season were 29.6 points per game along with 11.3 rebounds, 4.2 steals, 3.5 assists, and 3.0 blocks. He also shot 53 percent from the field (48 percent from 3-point range) and 81 percent from the line. He is also 6-10 3-pointers per outing.

The Madison guard, who is listed as a forward, had taken center just to start the game, had eight games this season in which he scored more than 35 points, including 40 against Pittsfield, 41 against Waterloo Gibault and a career-high 48 against Alton.

"He's one of the best all-around players you can find anywhere," Collins added. "Some players are two- or three-dimensional players, but Reece is four-dimensional. He does everything well. He excels at every phase of the game. He is never satisfied with his performance. He always believes there is room for improvement. He never stops working, he never stops trying to become a better player. He never deserves this honor."

BOYS BASKETBALL

Reece
"He's one of the best all-around players you can find anywhere," Collins added. "Some players are two- or three-dimensional players, but Reece is four-dimensional. He does everything well. He excels at every phase of the game. He is never satisfied with his performance. He always believes there is room for improvement. He never stops working, he never stops trying to become a better player. He never deserves this honor."

For Baker, who received his McDonald's All-American plaque before Friday night's game against Teutopolis, the AP selection is but the tip of the iceberg.

Advance word was received last week from Tom Dierck, sports editor of the Chicago Sun-Times, that the prestigious paper will name Baker a first team all-state. Similar honors from the Chicago Tribune, as well as other highly respected newspapers in Champaign, Peoria, Springfield, Rockford, Carbondale and around the state, should follow shortly.

Other local players selected by the Associated Press were Braus of Gibault, first team choice who is averaging 10 points and 8.2 rebounds per game, and Dupo's Tim Wiechert, who was awarded honorable mention recognition.

Other southern Illinois players on the AP team are: Teutopolis' Matt Koenig, who is the state teams don't make judgments on the basis of team performance, but on the basis of individual performance," said Madison mentor Al Collins with a wry smile. "But I've got to give our kids a lot of credit. They played well especially the last half of the season. We've downed the state. I think that gave Reece more of a chance to be noticed state-wide. I mean, when we won those five games in a row, we beat some pretty good teams. I think that helped

SIUE set to defend conference crown

Special to the Journal

The Cougars return their entire pitching staff plus three starters, including first-team All-Conference outfielder Gwen Jackson — a graduate of Jacksonville High. Furthermore, SIUE brought in a strong recruiting class filled with solid players and some big hitters.

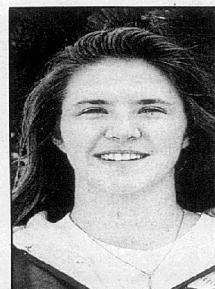
On the mound, the staff will once again be anchored by Jessica Silbe and Deanna Smith. Silbe went 20-6 last season while posting a 1.84 earned run average.

"Jessica is a big-game pitcher," said Montgomery. "She has good stuff and everyone said she is a huge competitor who loves to win." Smith, who went 13-6 with a team-leading 1.34 ERA, is back for her senior season. Smith, a right-handed lowball pitcher, is very effective in utilizing her defense behind her.

"Deanna is another big-game pitcher, who has great control and keeps everyone behind her," said Montgomery.

Surrounding out the SIUE pitching staff is sophomore Sara Obrecht and senior Stephanie Stinson, a Cahokia graduate. Both pitchers will see quality starts and have a variety of pitches that comple-

COLLEGE SOFTBALL



Gwen Jackson

ment. This is to try to give our students something to do to keep them occupied, something constructive," he said.

Two sports — girls volleyball and basketball — will be offered as cooperative teams with Venice High School.

Smith said that the traditional would allow girls to

see quality starts and have a variety of pitches that comple-

(See SIUE, Page 3B)

Madison considers more sports teams

By Scott Cousins
Staff writer

Madison High School students may have the opportunity to participate in four new sports.

Athletic director Don Smith has proposed adding boys and girls cross country, girls volleyball, bowling and boys baseball for the 1998-1999 season. Girls volleyball is also being added at Madison Middle School.

"This is to try to give our students something to do to keep them occupied, something constructive," he said.

Two sports — girls volleyball and basketball — will be offered as cooperative teams with Venice High School.

Smith said that the traditional

would allow girls to

see quality starts and have a variety of pitches that comple-

This year, sports offered were boys and girls golf, boys and girls basketball, and boys and girls track and field.

Many of the district's sports programs were disbanded several years ago when the district was going through a financial crisis. In the past few years, the School Board has been trying to bring back some of those activities.

The last new sport added was golf, which was played at the junior varsity level during the 1996-97 school year and at the varsity level this year.

"We have no Tiger Woods yet," Smith said. "It's a new sport and a new opportunity for our kids."

Next year, the golf team will use the new Gateway

(See MADISON, Page 3B)



(Staff photo by JOHN FRESE)

Granite City's Brooks Narvaez finished sixth among 145-pounders at the IHSA Class AA state meet. He was the only Granite City wrestler to earn a medal.

Narvaez brings home medal for Warriors

Special to the Journal

PREP WRESTLING

Granite City sent six wrestlers to the IHSA Class AA state wrestling tournament for individuals last weekend, but only one came home with a medal.

Brooks Narvaez placed sixth in the 158-pound competition.

Other Granite City wrestlers at state were George Kirgan, Kevin Venne, Jonas Janek, Matt Werner and John Kell.

Narvaez won three matches and was on his way to his sixth-place showing.

He opened the tournament with an 8-6 decision against Thornwood's Mario Aitken in the first round. In the quarterfinals, he was pinned by Chicago's Mount Carmel's Jason Swinski.

Narvaez battled back Saturday to beat Eric Wolfe of Fox Lake-Grant (12-5) and Brian Glynn of Provost (9-3) to finish 10-3 and bring the medal home.

He lost his final match before dropping his

two matches.

Granite City's other sectional champions were George Kirgan and Venne. Kirgan also won his opening 171-pounder. Kirgan won a 15-5 decision against Tinley Park-Andrews' Gary Gecas and 189-pounder Venne won a 9-3 decision against North Park's Harold Grove.

But they lost their semifinal matches. Kirgan dropped a 10-3 decision to St. Charles' Jason Potter and

(See WRESTLING, Page 3B)

SPORTS

PREP/COLLEGE STANDINGS

METRO EAST HOCKEY		COLUMBIA		3-5		6-16		BOYS HOOPS STANDINGS	
SOUTHERN DIVISION		LEBANON		3-5		6-16		SOUTHWESTERN CONFERENCE	
Granite City		Dupo		1-1		3-17		EDWARDSVILLE	
Belleville West		New Athens		0-6		2-15		CONF. OVERALL	
Cahokia		South Seven		Overall		Overall		BELLEVILLE EAST	
Collinsville		South Central		Overall		Overall		BELLEVILLE WEST	
Alton		Great Overland Trails		Overall		Overall		COLUMBIA	
Edwardsville		Team		Overall		Overall		MACOURA	
Collinsville		Team		Overall		Overall		HIGHLAND	
Marquette		Team		Overall		Overall		TILTON	
Althoff		Team		Overall		Overall		CIVIC MEMORIAL	
Belleville East		Team		Overall		Overall		WATERLOO	
Collinsville		Team		Overall		Overall		JERSEYVILLE	
Alton		Overall		Overall		Overall		BELLEVILLE WEST	
Edwardsville		Overall		Overall		Overall		Cahokia	
Collinsville		Overall		Overall		Overall		Team	
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Edwardsville		Overall		Overall		Overall		Team	
Collinsville		Overall		Overall		Overall		Team	

NEWS

COMMUNITY CALENDAR

Church

ST. JOHN UNITED CHURCH OF CHRIST, 9 a.m. Sunday School, 2901 N. Franklin Road, 2nd Sunday, worship services, 9 a.m. and 10:30 a.m. Nursery available. Everyone is welcome.

GENERATION JESUS YOUTH GROUP, led by youth minister, 6 to 8 p.m. every Sunday at Nameoki United Methodist Church, 1900 Pontoon Road.

CENTRAL CHRISTIAN CHURCH, 2020 Johnson Road, holds Sunday School at 9:30 a.m. and morning worship at 10:45 a.m. every Sunday. Everyone is welcome.

ST. PETER UNITED CHURCH OF CHRIST, 2101 Cleveland Blvd., holds Sunday School at 9:30 a.m. and preschool available. Morning worship services at 10:15 a.m. Nursery available. Everyone is welcome.

NIEDRINGHAUS UNITED METHODIST CHURCH, 2000 Pontoon Road, 8 a.m. and 10:30 a.m. Sunday School, 9:30 a.m. and Prayer Meeting at 6:30 p.m. Wednesdays. Nursery Available. Everyone is welcome.

JESUS EVERY THURSDAY (JETS), led by the music director, is for kids 5 to 12 years old. 7 p.m. to 8:15 p.m. Thursdays. Music/Bible study and fun at Niedringshaus United Methodist Church, 20th and Polk. More information, call 451-7788. Children's group meets at the same time as children. For more information, call 877-4565.

FULL GOSPEL FELLOWSHIP, 3950 Hosmerwood Lakes Road, has Sunday Service and Children's Church at 10:30 a.m., Monday Night Miracle Service at 7 p.m., Wednesday night service at 7 p.m., and Wednesday night youth service at 7 p.m. Full Gospel Fellowship invites all to attend and enjoy power-packed services.

FIRST PRESBYTERIAN CHURCH OF GRANITE CITY, Lenten Bible study at 6:45 p.m. Wednesdays, March 4 through April 1 at 2160 Delmar Ave. For more information, call 452-1100.

NEW TESTAMENT MISSIONARY BAPTIST CHURCH revival with Dr. B.J. Baldwin, evangelist. The revival runs p.m. nightly, March 1 to 9, 1998. Pastor is the Rev. Delmer Shirely. Everyone is welcome. Call 451-1421 for more information.

Community

MADISON COMMUNITY ACTION GROUP, meets at 7 p.m. the 1st Monday of each month at the Madison City Hall, 615 Madison Ave. For more information, call Dan at 452-2330 or Diane at 876-1360.

MITCHELL FIRE PROTECTION DISTRICT 2 monthly meeting, 7 p.m., second Tuesday of each month, Maryville and Old Alton roads.

MADISON LIBRARY BOARD OF TRUSTEES holds monthly meetings at 7 p.m. the 1st Thursday of every month at the Madison City Hall, 615 Madison Ave.

Dance

Sunday Polka Dance featuring Dave Hylla, 2 to 6 p.m. March 1 at the POLISH HALL, 826 Greenwood St. in Madison. Admission is \$3. Call 876-9056.

MIDWESTERN UNITED STATES IMPERIAL DANCE CLUB (MUSIC) regular monthly meeting is held every Sunday evening at the American Legion in Collinsville. Numbers welcome. Dance lessons from beginning to advance are given from 6 to 8 p.m. at a cost of \$4.00 for members and \$5.00 for non-members. For more information, call 452-4605.

BOOTS & SLEPPERS SQUARE DANCE CLUB, square dance lessons, 7 to 9 p.m. every Monday, St. Paul Lutheran Church, Fairview Heights. The cost is \$2.50 per person, per lesson. For more information, call 797-6528 or 344-4836.

FOOD/Nutrition

POLISH HALL FISH FRY, 11:30 a.m. to at least 7 p.m. Friday, Feb. 27 at the Polish Hall, 826 Greenwood St. in Madison. Menu includes ice cream, chips, applesauce, baked beans, salad and homemade desserts. Dinners are \$4.50, sandwiches \$2.50. Carryouts available. Call 879-9056.

MEALS OF LOVE, sponsored by Madison County Baptist Association. Free meals to anyone in need. Every Tuesday, 4:30 to 6 p.m. at Second Baptist Church, 21st and

Illinois streets, Granite City. Everyone is welcome.

POLISH PIEROGI SALE, Sacred Heart Polish National Catholic Church, 930 Reynolds, Madison, 9 a.m. to noon, first Saturday of each month. Several varieties: cabbage, cheese, meat, onions, mushrooms, potato, plum pudding and taco. Carry-outs only, \$3 per dozen. Cooked and ready to eat. Also Polish pierogi, ciki and roses. Orders placed by calling 876-5860, 876-3696, or 931-3367.

RESUME MISSION, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon, every Saturday. Rev. Arnold Turner is the secretary and Rev. Turner is the pastor.

ST. JOHN LUTHERAN CHURCH MONTHLY COUNTRY BREAKFAST, 8 to 11 a.m. the second Saturday of each month at 2020 1/2 Clinton. Eggs, sausage, pancakes, biscuits, homemade gravy, and jellies, coffee and orange juice. Menu is \$4.00. Call 451-7788 for more information.

GRANITE CITY FOUR-SQUARE CHURCH, 12th and Edwardsville Road, hot meals served free of charge, the last Monday of each month, 5 p.m. to 6 p.m. Children, who just want someone to talk to, are welcome. For information or a ride, call 451-9635.

Health/Exercise

Bemis Chiropractic, 3361 Fehling Road in Granite City, is offering FREE SPINAL SCREENINGS from 9 a.m. to noon, every Tuesday and Thursday.

TOPS 2833, 6:30 p.m. every Thursday at Anchorage Recreation Center, 2909 Edwards St. For more information call Bobbie at 452-2124.

TOPS 2048, Free Off Pounds Sensibly, 2 p.m. every Monday, Melvin Price Support Center in Granite City. Call 876-2124.

TOPS IL 645, 7 p.m. every Monday, Anchorage Recreation Center, 2909 Edwards St., Granite City, 452-6102.

TOPS 1699, (Take Off Pounds Sensibly) will meet at 6:45 p.m. every Tuesday at the Anchorage Recreation Center, 2909 Edwards St. Call 797-2724 for more information. Men and women are welcome to attend.

TOPS IL 2417, 6 p.m. every Tuesday, Calvary Lighthouse Church of God, 1205 W. Franklin, Weight at 5:30 p.m., exercise 7 p.m. or above. If a weight problem is welcome. For more information call Lisa at 931-3602 or Linda at 632-9267.

ST. ELIZABETH MEDICAL CENTER'S BEHAVIORAL HEALTH SYSTEM is presenting a free seminar on "How to Handle Your Everyday Stress — You've Got to Have Fun!" at 7:30 p.m. March 3. The talk will be given by Elizabeth K. Clegg, CT, LCP, of the Behavioral Health System and will be held in the Wiesman Room at SEMC. The talk is free and open to the public. For more information or to register, call 739-3889.

MADISON COUNTY URBAN LEAGUE HOMECARE REHAB, offers the following each week at 500 Madison Ave. in Madison: Walk-in pregnancy, 10 a.m. to 3 p.m. Mondays; Family planning services, 9 a.m. to 4 p.m. Tuesdays; STD screening and treatment, 4:30 p.m. Tuesdays; Wednesdays, adult family planning services, 9 a.m. to 4:30 p.m. Call 452-5394 for appointments or more information.

Organizations

AMERICAN ASSOCIATION OF RETIRED PEOPLE, meets at Granite City Township Hall second Wednesday of each month. Doors open at 5 p.m., seniors 50 and over, 6 p.m. All seniors 50 and over, welcome. For information call 977-3202.

MEN'S FELLOWSHIP GROUP of Central Christian Church meets at 6:30 a.m. the second Wednesday of each month for breakfast and fellowship. For more information and/or location of meetings call 931-2098.

GRANITE CITY BUSINESS AND PROFESSIONAL WOMEN, meeting at Jerry's Cafeteria. Dinner at 6:30 p.m., third Wednesday of each month.

followed by a program at 7:15 p.m. Open to the public. For more information call 452-5391 or 451-8914.

NOON NETWORKING FOR WOMEN, third Wednesday of each month, noon to 1 p.m., Ramada Inn in Fairview Heights. Cost is \$10 (members) or \$12 (non-members). Please bring your business cards and brochures. Bring a friend and get \$4 off your next lunch at Noon Networking.

CHRISTIAN WOMEN'S FELLOWSHIP of Central Christian Church, meets at 1 p.m. the first Thursday of each month. For more information, call Helen Stumpf at 931-2098.

SONS OF CONFEDERATE VETERANS, a hereditary group for descendants over age 12 of Confederate veterans, meets every third Thursday of each month at 7 p.m. at the VFW Post 100 in Granite City. Call 877-3065 for more information.

NAVY MOTHERS CLUBS OF AMERICA, meet at 7:30 p.m., second Thursday of each month at the VFW Post 100 in Granite City. Mothers, fathers, daughters, wives or sisters of former and present Navy, Marines, Coast Guard and Air Force members are welcome. For further information, call 931-2292 or 876-2209.

THE SARAH AND DORCAS CIRCLE OF CHRISTIAN WOMEN'S FELLOWSHIP, 9:30 a.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpf at 931-2098.

THE RUTH CIRCLE OF CHRISTIAN WOMEN'S FELLOWSHIP, meets at 7 p.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpf at 931-2098.

LYDIA CIRCLE of Nameoki United Methodist Church meets at 1 p.m. the third Thursday of each month. For more information phone, 877-1936.

CHURCH WOMEN UNITED will meet at 10 a.m. the fourth Thursday of each month except July 1, at the Nameoki Methodist Church, 1900 Pontoon Road.

MODERN WOODMEN OF AMERICA Life Insurance Society meets the last Thursday of each month at 5 p.m. at Havenside's Restaurant.

JOLLY QUILTERS, 9 a.m. to 2 p.m., every Thursday at the Social Center, 906 Thorntree Drive, in Mitchell.

GRANITE CITY COMMUNITY BAND rehearsal, 7:30 to 9 p.m. every Thursday, Calvary Lighthouse Church of God, 1205 W. Franklin. Weight at 5:30 p.m., exercise 7 p.m. or above. If a weight problem is welcome. For more information call Lisa at 931-9043.

GREATER BENEFICIAL UNION OF CREDIT UNIONS, 10 a.m. to 1 p.m. each Friday at 8 p.m. First Friday of each month, at Third Baptist Church, 26th Street and Grand Avenue in Granite City. Jason Riddle, president, can be reached at 288-7396; and Mary Solomon, secretary, can be reached at 451-9201.

GRANITE CHAPTER 650, ORDER OF THE EASTERN STAR, meets the second Friday of each month, 8 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

DOWNTOWN NEIGHBORHOOD RESTORATION SOCIETY, 8 p.m., second Friday of each month, Granite City, 477-7715.

GRANITE CHAPTER 660, ORDER OF THE EASTERN STAR, meets the first Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

METRO EAST LANDLORD'S ASSOCIATION meets the first Monday of each month at the Eagles Lodge in Collinsville.

CAMERA EXPLORERS CLUB, Hardwick Public Library, 143 W. Hawthorne St., 7 p.m., third Monday of each month. Call Beverly Zager, 254-9394.

ELKETTES, Granite City Lodge 1063, Mayville Road, 931-3557, 7 p.m. the first Tuesday of each month except July and August.

MADISON COUNTY LEGAL SECRETARIES ASSOCIATION, meets the first Tuesday of each month at 6:30 p.m. Open to everyone in legal field: attorney, paralegal, law office staff, court reporters and court personnel. For more information call 465-4400.

GRANITE CITY BUSINESS AND PROFESSIONAL WOMEN, meeting at Jerry's Cafeteria. Dinner at 6:30 p.m., third Wednesday of each month.

(See CALENDAR, Page 5B)

HOUSER'S
Discount Tire & Auto Parts

HOURS: 1749 Madison Ave.
MON. - FRI.
SAT. 8 - 6 pm

451-7446

Every New Tire Purchase Includes:

**FREE MOUNTING!
BALANCING!
VALVE STEMS!**

**SPECIAL PURCHASE SUPER RIDE
35,000 MILE ALL SEASON RADIAL**

4 FOR \$95

PIRELLI
TIRE
MANUFACTURER
MANUFACTURER'S WARRANTY ONLY

SIZES 13" 4 For \$145

P175/60R13
P185/60R13
P205/60R14

SIZES 14" 4 For \$165

P185/70R14
P195/70R14
P205/70R14

SIZES 15" 4 For \$185

P205/75R15
P225/75R15
P235/75R15

\$36.25 ea. - 2 For \$72.50
\$41.25 ea. - 2 For \$82.50
\$45.25 ea. - 2 For \$92.50

BRAND NAME SAVINGS MERIT 4 SEASON

BUILT BY COOPER

**50,000 MILE ALL SEASON RADIAL
FREE ROAD HAZARD POLICY**

4 For \$161

P155/80R13
P155/80R13
P195/80R13

4 For \$181

P185/75R14
P195/75R14
P205/75R14

4 For \$191

P205/75R15
P225/75R15
P235/75R15

\$40.25 ea. - 2 For \$80.50
\$45.25 ea. - 2 For \$90.50
\$47.75 ea. - 2 For \$95.50

LIGHT TRUCK SUPER VALUE MERIT ALL COUNTRY

BUILT BY COOPER

**45,000 MILE ALL SEASON RADIAL
4 FOR \$187**

PIRELLI
TIRE
MANUFACTURER
MANUFACTURER'S WARRANTY ONLY

SIZES 15" 4 For \$257

P215/75R15
P235/75R15

SIZES 15" 4 For \$347

LT235/75R15/8
30x9.50R15/8
31x9.50R15/8

SIZES 16" 4 For \$367

LT265/75R16/10
LT215/80R16/10
LT235/80R16/10

\$64.25 ea. - 2 For \$128.50
\$86.75 ea. - 2 For \$173.50
\$94.75 ea. - 2 For \$193.50

ENGINE & HYDRAULIC OILS

5 GALLON MEDIUM HYDRAULIC OIL

5 Gallon Drum

\$1790

55 GALLON MEDIUM HYDRAULIC OIL

55 Gallon Drum

\$14975

HEAVY DUTY 5 GALLON MOTOR OIL

15W40 OR 15W50

\$2190

30W OR 40W. 5 Gal.

\$1890

GEAR OIL 5 Gallon

\$1990

PARTS CLEANING SOLVENT 5 Gallon

\$1497

TRACTOR HYDRAULIC FLUID 5 Gallon

\$1990

DEXTRON TRANSMISSION FLUID 5 Gallon

\$17475

CHASSIS & WHEEL BEARING GREASE 35 lbs.

\$2875

DEXTRON TRANSMISSION FLUID 55 Gallon

\$18975

GREASE TUBES (14oz)

\$894

Sold in 10 pks only
Sold in ten pks only

OH-STANDARD NEVER SLIP

POLAR (PREMIUM)
WINDSHIELD WASHER FLUID

DeNovi's Cleaner Weather Fluid
\$1.99 Per Gallon
\$1.00 Mail in Rebate
Per Gallon Your Cost After Mail in Rebate

DeNovi's Cleaner Weather Fluid
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NEWS

Calendar

(Continued from Page 4B)
 MADISON COUNTY HOMEMAKERS EXTENSION SECTION, Granite City Hall, noon, first Tuesday of each month, Anchorage Recreation Center. For more information call 876-7026 or 933-2886.

TRIO UNIT, MADISON COUNTY HOME-EXTENSION ASSOCIATION, noon, first Tuesday of each month, Hope Lutheran Church, 3715 Wabash Ave., Granite City.

TOASTMASTERS INTERNATIONAL meets the first, third, and fourth Saturday of each month, from 7 to 9 p.m., at Shoney's, Highway 157 (44 Commerce Drive), Collinsville. Come join us for better communication and leadership skills. For more information call 692-6026 or 344-2886.

NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES (NARFE) Chapter 1067's meeting for the months of February and March have been changed. The group will meet the second Thursday of these months, at 11:30 a.m. at Charlie's Restaurant in Granite City. For more information call

576-8450, or 452-3268.

BAND PARENTS ASSOCIATION OF GRANITE CITY HIGH SCHOOL, 3101 Madison Ave., 451-5806, 7 p.m., second and Tuesday of each month.

BENEVOLENT AND PROTECTIVE ORDER OF ELKS, Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m., second Tuesday of each month.

KNIGHTS OF COLUMBUS, 3RD DEGREE, 4225 Old Alton Road, 7:30 p.m., second Tuesday of each month, 877-4250.

KNIGHTS OF COLUMBUS, 4TH DEGREE, 4225 Old Alton Road, 7:30 p.m., third Tuesday of each month, 877-4250.

BUBBLE-BUBBLEMASTERS UNDERWATER RESCUE TEAM meets at 7 p.m. the third Wednesday of each month at 4964 Old Alton Road, next to the Marine and Protection Department. Tours are available by appointment, 931-6317 or write to the above address.

MADISON COUNTY FAMILY ALLIANCE will meet from 9 to 10:30 a.m. each month, 5 p.m., fourth Tuesday of each month.

JOBS DAUGHTERS BETHEL #43 meets the fourth Tuesday of each month at 7 p.m. at the Masonic

Temple, 20th Street and Cleveland Boulevard.

KNIGHTS OF COLUMBUS, 3RD DEGREE, 4225 Old Alton Road, 7:30 p.m., fourth Tuesday of each month, 877-4250.

GRANITE CITY KIWANIS meet at Shoney's at 7:30 a.m. every Tuesdays.

The Troy/Maryville/Collinsville chapter of BUSINESS NETWORK INTERNATIONAL (BNI) meets every Tuesday at 7 a.m. at Randy's Restaurant in Collinsville. For more information, please call Lisa at 697-0340.

SCHOOL OF METAPHYSICS, 7:30 to 10:30 p.m., every Tuesday, 11:30 a.m., Rosian Plaza, St. John, Mo., 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0076.

CHOUTEAU TOWNSHIP SENIOR CITIZENS, meets the fourth Thursday of each month, 5 p.m., 3910 Highway 111, Pontoon Beach.

CHOUTEAU TOWNSHIP SENIOR CITIZENS, meets the fourth Thursday of each month, 5 p.m., 3910 Highway 111, Pontoon Beach.

POONTOON BEACH SENIOR CITIZENS, meets the fourth Thursday of each month, 5 p.m., 3910 Highway 111, Pontoon Beach.

GRANITE CITY SENIOR SOCIAL CLUB, meets at the Nelson Hagner Township Hall. Doors open at 1 p.m. March 1 for the next bingo game. For information, call 877-1215.

POONTOON BEACH SENIOR CITIZENS, meeting, third Tuesday of each month, 7 p.m., 3910 Highway 111, Pontoon Beach.

Information, call 462-4883, extension 104.

NEW HOPE CHAPTER 432 ORDER OF THE EASTERN STAR meets at 8 p.m. the first and third Fridays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

TRIPLE LODGE 825 F. & A.M. meets at 7 p.m. the first and third Tuesdays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

EAGLE PARK CARE SENIORS OF GRANITE CITY meets Thursday from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

FREE SENIOR CITIZEN EXERCISE CLASS, 9 a.m., every Thursday, Anchorage Recreation Center, 2905 Edwards.

FRIDAY AFTERNOON PINOCCHIO CLUB, 1 p.m., 2nd and over meets at 1:30 p.m. every Friday at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

POONTOON BEACH SENIOR CITIZENS, meets the fourth Thursday of each month, 5 p.m., 3910 Highway 111, Pontoon Beach.

GRANITE CITY SENIOR SOCIAL CLUB, meets at the Nelson Hagner Township Hall. Doors open at 1 p.m. March 1 for the next bingo game. For information, call 877-1215.

POONTOON BEACH SENIOR CITIZENS, meeting, third Tuesday of each month, 7 p.m., 3910 Highway 111, Pontoon Beach.

ATTENTION MEDICARE BENEFICIARIES — Come and hear how Avantara can give you complete healthcare coverage. You are invited to a presentation every Tuesday and Thursday at 10 a.m. at the Pontoon Beach Senior Center, 3910 Highway 111, Pontoon Beach.

EAGLE PARK CARE SENIORS OF GRANITE CITY meets Thursday from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

ALZHEIMER'S SUPPORT GROUP meets from 6:30 to 8 p.m., third Thursday at 910 Hill St., inside Bonaventure's Cafeteria, on the ground floor of St. Elizabeth Medical Center, 2100 Madison Ave. The group focuses on addressing the questions and concerns of care-givers and other members of the Alzheimer's disease community. Call 798-3018 for more information.

ALCOHOLICS ANONYMOUS, 8 p.m., every Thursday, 2116 Club, 2116 Edison, Granite City, 800-307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m., every Thursday, Presbyterian Church, Mitchell, 800-307-6600.

ALCOHOLIC ANONYMOUS, 11 a.m., every Saturday, 2116 Club, 2116 Edison Ave., in the Kettler Center Day Care room. Call 463-2429.

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NEWS

Country's soul, spirit to be celebrated

By Kimberly Haas
Staff writer

Celebrating America and its nationalities are the driving forces behind the Ethnic Day.

"All of the nationalities meshed together make this the greatest country in the world," said David Jacknewitz, founder of Ethnic Day.

At 10 a.m. on March 2, Ethnic Day kicks off at the Caseyville Township Building, 10001 Bunkum Road, in Fairview Heights. Last year, about 30 national-

ties were represented by over 500 people at the event.

"It's just a big family gathering. A lot of people come just to have a good time," Jacknewitz said.

All nationalities present will be represented during a special flag raising ceremony. The Fairview Memorial Post 8877 Honor Guard, American Auxiliary, along with the Polish American War Veterans and Auxiliary, will be at the ceremony.

Entertainment will be provided by a dance troupe from Madison. In addition, Art Steppig will perform before and after

the Ethnic Day ceremonies. Food and beverages from the various ethnic groups will also be served.

Jacknewitz credits the Ethnic Day Committee with the event's eight-year success. Committee members include Everett Moody, Joseph Skowron, Fred Dintelman, Tom Schlatter, Gail Mitchell, Joyce Erno and Mary Ann Jones.

Jacknewitz founded Ethnic Day in honor of his mother, Lucille Smolik, who passed away five years ago. Consequently, the event is held each year on Casimir Pulaski Day.

Calendar

(Continued from Page 5B)

STOMSS (Supper Together for Emotionally Mentally Handicapped and Sobriety), a support group for people with a mental illness and an alcohol or substance abuse problem, meets every Friday from 6:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3664 for more information.

DEPRESSIVE MANIC DEPRESSIVE ASSOCIATION OF MADISON COUNTY meets from 7 to 9 p.m. every Friday at St. Elizabeth Medical Center, Granite City, in the Milonki Room located in the basement. For more information, call the MDMA office at (314) 776-3588.

RIVERS OF WATER WORSHIP CENTER SUPPORT GROUP, meets the first and third Saturday of each month, 10:30 a.m. at St. Elizabeth Medical Center, Granite City, in the Milonki Room located in the basement. For more information, call 341-3643 or 656-7831.

OBSESSIVE/COMPULSIVE DISORDER SUPPORT GROUP, meets the third Saturday of each month, at Von Gontard Conference Center, St. John's Mercy Medical Center, 615 South New Ballas Road, 10 a.m. Meetings are open to OCD patients, family and friends. For information call (314) 642-7228.

ALCOHOLICS ANONYMOUS, 8 p.m. every Saturday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

NARCOTICS ANONYMOUS, Acceptance, 8 p.m., every Saturday, 2016 Delmar Ave., 24-hour hotline 396-4040.

ALCOHOLICS ANONYMOUS, 1:30 p.m. and 8 p.m., every Sunday, 2116 Club, 2116 Club, Granite City, (800) 307-6600.

NARCOTICS ANONYMOUS, Live the Steps, 8 p.m., every Sunday, 2016 Delmar Ave., 24-hour hotline 396-4040.

ALCOHOLICS ANONYMOUS, 8 p.m., every Sunday, St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, (800) 307-6600.

FROSTbite CANCER SUPPORT GROUP, 3 to 4:30 p.m., third Sunday of each month, at Central Christian Church, 2020 Johnson Road, Granite City. The group meets in the church's Terrace Room, enter through the Fellowship Hall door on the east side of the building. There is no charge. For more information phone Roger Zabel, any evening, at 656-5438.

MADISON COUNTY PARENTS WITHOUT PARTNERS meets the fourth Monday of each month in the Fellowship Hall of the South Union Methodist Church, 1900 Pontoon Road in Granite City. For more information, call 931-0157.



One that works:
Attend our free workshop
on successful aging.

You're invited to attend a free, one-day workshop entitled, "Cherishing the Past, Living Today, Welcoming the Future" at the University of the Third Age, an organization dedicated to providing older adults with valuable learning opportunities. This SLUCare sponsored workshop is your chance to hear about and discuss strategies for living a happy, healthy lifestyle.

University of the Third Age.
Reservations Required. Call 268-5880.
Or (800) 268-5880.

SLUCare
The Difference in Health Care is People.
Visit us on the web at <http://www.slucare.edu>.
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abilities were represented by over 500 people at the event.

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Jacknewitz founded Ethnic Day in honor of his mother, Lucille Smolik, who passed away five years ago. Consequently, the event is held each year on Casimir Pulaski Day.

ARTHROSIS SUPPORT GROUP, 7 p.m., fourth Monday of each month, Alton Memorial Hospital cafeteria, Room 101.

CHEMICAL DEPENDENCY RELAPSE PREVENTION group meets from 6:30 to 8:30 p.m. every Monday at the Edwardsville Health Center, 1123 University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 798-3684.

PEOPLE NEEDING PEOPLE BEREAVEMENT SUPPORT GROUP, 7 to 9 p.m., fourth Tuesday of each month, St. Elizabeth Medical Center, call Hospice of Madison County, 798-3399.

ALCOHOLICS ANONYMOUS (women), 8 p.m., every Tuesday, Presbytarian Church, Mitchell, (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m., every Tuesday, St. John United Methodist Church, 2901 Nameoki Road, Granite City, 692-6078 for details.

DIABETES SUPPORT GROUP, 1 to 3 p.m., first Tuesday of each month, St. Elizabeth Medical Center, 615 South New Ballas Road, 10 a.m. Meetings are open to all OCD patients, family and friends. For information call (314) 642-7228.

NEGLECTED VICTIMS OF CHILD SEXUAL ABUSE, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. every Saturday at Edwardsville's Rape and Sexual Abuse Care Center, 602-2197 for details.

DIABETES SUPPORT GROUP, 8 p.m., every Tuesday, St. John United Methodist Church, 2901 Nameoki Road, Granite City, 692-6078.

ALLIANCE FOR MENTALLY ILL OF MADISON COUNTY (AMI) meets the first Tuesday of each month from 7 p.m. to 9 p.m. at the Mental Health Center, 2020 Johnson Drive, Granite City. For information call 798-3604.

CUFF/F/ALLIANCE FOR THE MENTALLY ILL will meet at Market Avenue Church of God, 1505 in East St. Louis on the fourth Saturday of each month from 3 to 5 p.m. For more information, call (314) 868-8031.

BETTER BREATHERS, support group of those with chronic lung condition, second Tuesday of each month, 1 p.m., Pascal Hall, St. Elizabeth Medical Center, 798-3116.

MASTECTOMY SUPPORT GROUP, 7 p.m., every Tuesday, Pascal Hall, St. Elizabeth Medical Center, 798-3510, and Tuesday of each month, 6 p.m., Pascal Hall, St. Elizabeth Medical Center, 798-3510.

LUPUS ERYTHMATOSUS SUPPORT GROUP, 8 p.m., every Tuesday, 601 Lulus Foundation, 7:30 p.m., third Tuesday of each month, Memorial Hospital auditorium, Belleville, 233-7750, extension 5860.

PARENTS OF MURDERED CHILDREN, a support chapter, 10 p.m., third Tuesday each month, at the American Cancer Society Building, 4201 Lindell Blvd., St. Louis. For more information call 452-2149 or 314-391-2200.

SPOTS SUPPORT GROUP, sponsored by Nameoki United Methodist Church, meets the third Tuesday of each month. For meeting time and place, call the church at 877-1936.

SINGLES CONNECTION remaining February events are: Game night, 7 p.m., Feb. 25. Meet at Jimmo's in Edwardsville. Bring cards and games! RSVP to Paul, 332-1731. Come at 9 p.m. Friday.

ALCOHOLICS ANONYMOUS, 8 p.m., every Sunday, St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, (800) 307-6600.

FROSTbite CANCER SUPPORT GROUP, 3 to 4:30 p.m., third Sunday of each month, at Central Christian Church, 2020 Johnson Road, Granite City. The group meets in the church's Terrace Room, enter through the Fellowship Hall door on the east side of the building. There is no charge. For more information phone Roger Zabel, any evening, at 656-5438.

MADISON COUNTY PARENTS WITHOUT PARTNERS meets the fourth Monday of each month in the Fellowship Hall of the South Union Methodist Church, 1900 Pontoon Road in Granite City. For more information, call 931-0157.

ALCOHOLICS ANONYMOUS, 1:30 p.m. and 8 p.m., every Sunday, 2116 Club, 2116 Club, Granite City, (800) 307-6600.

NARCOTICS ANONYMOUS, Live the Steps, 8 p.m., every Sunday, 2016 Delmar Ave., 24-hour hotline 396-4040.

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FROSTbite CANCER SUPPORT GROUP, 3 to 4:30 p.m., third Sunday of each month, at Central Christian Church, 2020 Johnson

ENTERTAINMENT

'Wedding Singer' is a pleasant diversion

What is there about weddings that make them such sweetly awful affairs?

The reason seems to be that weddings are normally solemn, ceremonial events. And when things go awry, such as the

bride or groom not showing up or a voice from the church objecting to the marriage, it can be dramatic or hilarious, or both.

Some examples: "Father of the Bride," "Four Weddings

and a Funeral," "My Best Friend's Wedding."

"The Wedding Singer" doesn't quite match those films, but it is a pleasant diversion, well acted, and punctuated with explosive laughs.

Adam Sandler plays a wacky songwriter who earns his keep \$60 a night — emceeing wedding receptions. He's good at it, singing, cajoling, spreading joy to all the participants.

With some trepidation, San-

dier is facing his own wedding to a beautiful airhead (Alyssa Poehler). At one of his jobs, he meets a first-time waitress, Drew Barrymore, who is engaged to a rough, womanizing bond salesman (Mark L. Walav) who drives a DeLorean and is in no hurry to get married.

When his bride fails to appear at the church, Sandler goes calling. At one of his jobs, he insults the guests, maligns the wedding couple and ends up getting punched out by the father of the bride.

Sandler's work is stolen by a surmry wedding singer (unbilled Jon Lovitz), and falls further into despair. His only solace is the steady work of his wife, who helps him in the preparations for her wedding. He soon discovers that her intended groom is an unworthy two-timer. The two exes come out to head for Las Vegas with a hugely funny scene featuring rocker Billy Idol.

"The Wedding Singer" is tailored to Sandler's strengths, the man who knows his work best: old buddies from New York University: producer Jack Giarraputo, writer Jim Corden. They serve him well.

Herlihy's script shows some rough spots, but mostly it is entertaining, with a number of surprises and some clever underplay most of his scenes, hence he becomes a more endearing character.

— Associated Press

HOROSCOPE

Wednesday, Feb. 25

The moon enters Pisces late in the afternoon, making the day seem like two chapters in the book of your emotional life. The first chapter is one of carefree, social fun. The second mood is one of introspection. Try to let this gnawing jealousy spur you on to greater accomplishment instead of allowing it to eat away at your ego.

ARIES (March 21-April 19)

It's a year when self-starters get financial breaks. Relatives loan money in the next three weeks. A job or side could enhance your confidence. Investments made in May provide long-term financial security. Marry in June. Pisces and Cancer have all year to go. First of all, travel has hidden financial benefits. Luck comes through show business and the arts.

TAURUS (April 20-May 18)

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TAURUS (April 20-May 18)

You do not have to be so kind to one who isn't fulfilling obligations. Get tough. Your lucky streak comes soon. Special times with a pal may turn to a worthy cause.

TAURUS (April 21-June 21)

Analyze a business situation now while the details can be easily worked out. Love is on hold and will be even more powerful when it returns. Give to a worthy cause. Confidence at all times.

CANCER (June 22-July 22)

Try not to dwell on the past. Focus on negativity only gives it the nourishment needed to take over your life. Financial questions are easily answered by experts. A Capricorn or Virgo loves to discuss.

LEO (July 23-Aug. 22)

Catch up with writing projects. Expect a child to interfere, and be kind. Keep new project close to the vest. Now, if you take too much time making a decision, you lose completely.

LIBRA (Sept. 23-Oct. 22)

Your work environment is changing but normal, so your boss needs you even more. Begin negotiating new arrangements at home. Repairs are easier next week — so is love. Go in high style tonight, skimping on nothing.

SCORPIO (Oct. 23-Nov. 21)

Outrageous remarks impress supervisors. In love, give ultimatums — but only if you will indeed follow through. Focus on one solid goal this afternoon, and you'll have it by nightfall.

SAGITTARIUS (Nov. 22-Dec. 21)

Misunderstandings may require a little time, so move on. Give a new friend a chance to prove his or her sincerity. Travel and explore. You gain through your associations with business partner.

CAPRICORN (Dec. 22-Jan. 19)

It is nice to receive praise, but focus on a little money, too. You are indispensable on the job. Incorporate suggestions of new friends. Last year's hard work is starting to pay off.

ARIES (March 21-April 18)

Ask for a raise, a promotion or fringe benefits. Luck comes through a Taurus. A sacrifice for your family is easy for you to make. Big news you've been waiting for will come.

PIRUS (April 19-March 20)

Diffuse tension with honesty. Customers and traffic call for a calm approach. Give loved ones extra space for emotional turmoil, and they'll soon be back to their old cheerful selves.

Joyce Jillson

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Today's Food

Wednesday, February 25, 1998

Food & Nutrition

Wise Ways

Take advantage of supermarket specials on fish for a delicious, spring-like take on wholesome eating.

INSIDE

Hearty Bites

Give luscious chocolate credit for what it is. Don't get caught in its inquisition for every unhealthy effect.

INSIDE

Blue Ribbon Cook

Week's contest winner drums up a warm pizza-flavored dip.

INSIDE

Private Label Test Run

Testers check whether bread sticks from a refrigerated roll in private label brands save quality, as well as money.

INSIDE

Micro Raves

Pie leaves a sweet and crusty image when it is time to enjoy a serving of indulgence.

INSIDE

Lively Taste

Combine spices already on the shelf to create Cajun flavor in manageable quantities. Combine 3 tablespoons paprika; 2 tablespoons each garlic powder, cayenne pepper, oregano, onion powder, black pepper and thyme; and, if desired, 1 tablespoon salt.

Health & Fitness

Medicine Chest

Nonsteroidal anti-inflammatory drugs are a typical means of treating arthritis pain, but long-term use potentially can yield ulcers as a side effect and become life-threatening in elderly patients. The U.S. Food and Drug Administration has approved Arthrotec that helps protect against peptic ulcers. Misoprostol coats the drug diclofenac. The coating helps protect the stomach and small intestine better than other NSAIDs.

Fresh Picks

No matter the weather, faithful citrus saves the winter day as more than a fair-weather friend among the fresh produce. Give it a new image. Use orange juice as part of the liquid in rice pudding; sprinkle tops of servings with thin strips of orange peel. Create ambrosia sauce to pour over slices of angel food cake by adding segments of oranges, grapefruit and grapes to a sauce made by cooking 1/4 cup sugar, 1 tablespoon cornstarch, 1 teaspoon finely shredded orange peel, 1 cup orange juice and 2 teaspoons lemon juice until thick. Use tangy citrus vinaigrette on salad. Combine 3/4 cup frozen orange juice concentrate, thawed, with 1/4 cup vinegar, 1/4 cup olive oil, 1/4 cup water and 1/4 teaspoon pepper. For variety, add 1 clove garlic, crushed; 1/2 teaspoon grated ginger root, or 1 teaspoon snipped fresh (or 1/4 teaspoon dried) thyme or basil to 1/3 cup citrus vinaigrette.

Big Fat Tip

Start with vegetable broth for a hearty soup. Combine 3 cans broth, 2 cups shredded cabbage, 2 cups frozen cut green beans, 2 cups thickly sliced zucchini (2 medium), 1-1/2 cups sliced carrot, 1 cup sliced celery, 1/4 cup uncooked rice and 1/2 teaspoon leaf basil, crushed. Over high heat, bring to boil. Reduce heat to low. Cook, covered, 20 minutes or until vegetables and rice are tender. Fat-free or low-fat beef or chicken broth also can be used.

Future Shop

Age and gender relate to people's efforts to enjoy a balanced diet and physical activity, according to the American Dietetic Association's 1997 Nutrition Trends survey. Women are more likely than men (42 vs. 36 percent) to say they are doing all they can to achieve a healthy diet, while people 55 and older more likely strive to eat well than those who are ages 25 to 34 (55 vs. 23 percent). While eight in 10 Americans believe physical activity is as important as a nutritious eating plan, men are more apt to get regular physical activity than women (47 vs. 40 percent). Of course, a major challenge educators face in marketing good nutrition is the disparity in ages, with a large segment of the population moving into the "mature" category and a burst of children at the opposite end.

Seafood

Sublime



By Janice Denham
Staff writer

When it's time to get away from it all, the dream is to step into a boat or sit on a bank and listen to the crickets creak and wait for the fish to bite. Who cares about the way fish deliver anti-clotting effects on blood?

When the fisherman heads back to the everyday routine of rat-race city, eating fish counts to help lessen the chance of a heart attack.

It's the catch of the season. Seafood is good news. It is easy, delicious and healthful to eat.

Fish-eating societies like the Japanese have a much lower incidence of heart disease than Americans. Of course, eating it fried or in heavy oil diminishes the effect, so prepare it wisely by baking or broiling, poaching in wine or herb-seasoned broth, grilling and flavoring with barbecue sauce, or stir-frying or steaming with vegetables.

Omega-3 fatty acids are the wonder ingredient in seafood that throws the life preserver. Trials so far show no benefit from taking fish oil capsules, so permission is given to the lucky seafood lover to eat a favorite food. To have a positive effect, two or three servings a week are recommended, but recently a study showed eating it even once a week gave actual results.

Excellent sources of omega-3s include salmon, tuna, mackerel, sardines, sablefish, shark, halibut and trout. The warm water produced by El Nino in the Pacific Ocean is producing a banner year for fishermen who reel in tuna, swordfish, shark and sardines.

Interestingly, omega-3s also are found in some plants, like leafy greens, including spinach and mustard greens; soybean and canola oil; wheat germ, walnuts and tofu.

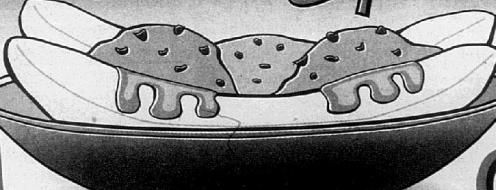
The market is full of fish waiting to be landed. Always buy fish that smells and looks fresh. During the season of Lent, which starts today, seafood will be featured in most stores.

Frozen varieties include surimi seafood, made from fresh whitefish, often pollock, and flavored to imitate crab, lobster and scallops. Because it needs no cooking, it can be used straight from the freezer or refrigerator for the ultimate in convenience.

On the Internet are several sites with more

SEE SEAFOOD, INSIDE TODAY'S FOOD PAGE 2C

Banana Split Breakfast



Kids' Cuisine

Peel and split a banana. Place in shallow soup bowl. Top with sliced berries or grapes or vanilla or fruit-flavored yogurt; sprinkle with a chopped almonds or granola. Adjust proportions to fit age and size of those celebrating morning. Add a few crackers, toast or a slice of bread and milk for a complete meal.

Mitch Linhardt graphic

Today's Food

Heart-y Bites

By ERICA SACHS

Chocolate 'not guilty' in harmful-health trial

Choco-maniacs can rejoice. There is a way to have your chocolate and eat it, too!

How is that possible with bags of week-old Valentine chocolate lingering in kitchen cabinets and aisles of Easter treats? Call it out-of-sight, out-of-mind. People who stroll through the supermarket? Luscious, irresistible chocolate has taken the rap for causing all sorts of problems. New research finds this favorite flavor "not guilty" on many counts.

The evidence, at least, has been staggering. Chocolate has been accused of causing acne, decaying teeth, raising blood cholesterol and addictively causing caffeine jitters.

So are these accusations facts or myths?

Relax: there is simply not enough evidence to convict anyone of criminally becoming a slave to a craving.

Scientists can find no link between eating chocolate, even large amounts of it, and skin blemishes.

Foods derived from plants contain no cholesterol so chocolate is no exception.

The cocoa butter in chocolate, though a saturated fat, is largely composed of stearic acid, a fatty acid that doesn't elevate blood cholesterol levels.

To call a spade a spade, chocolate is high in fat. Too much fat can raise blood cholesterol, so give in to devious cravings with a small amount or try chocolate-flavored hard candies with no fat.

Research also indicates

chocolate seems to harm teeth less than other sweets with the same sugar content and does not necessarily cause the growth of bacteria that promote plaque formation and cavities. The worst culprits are sticky foods that cling to the teeth, which include sticky candies covered with chocolate.

Chocolate contains caffeine, but not much. An ounce of milk chocolate has just 5 milligrams compared to 100 to 150 milligrams in a cup of coffee and 30 to 50 milligrams in a 12-ounce can of cola.

Chocolate may crave it in quantity, but it is not the same as the powerful addiction to cocaine. On the other hand, some evidence indicates chocolate is a mood booster. It contains phenylethylamine, which causes the brain to produce chemicals that duplicate the lighthearted feeling of being in love.

The summation is that moderation becomes the alibi in any criminal investigation of eating chocolate. Have a piece or two of last week's Valentine chocolates or the Easter candy awaiting an April delivery.

A small piece of an all-time favorite, luscious chocolate cake is not sinful either.

A slice of this low-fat one, complete with rich icing, satisfies a chocolate craving without guilt.

Registered dietitian Erica Sacks is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

LOW-FAT DEVIL'S FOOD CHOCOLATE FUDGE CAKE

1 1/2 cups water
1 cup (10 oz.) dried plum puree ("butter" and oil replacement" in baking section of market)

5 eggs
1/2 cup vanilla
2 1/2 cups flour
1/2 cup granulated sugar
2 1/2 cups cocoa powder
4 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt

Preheat oven to 325°. Grease 16-by-11-inch jelly-roll pan.

Using electric mixer, beat water, plum puree, eggs and vanilla until creamy. In second bowl, mix flour, granulated sugar, cocoa, baking powder, baking soda and salt. Mix into creamed mixture until just thoroughly blended. Do not overbeat.

Spread batter in prepared pan. Bake in preheated oven about 30 minutes until pick inserted in center comes out clean. Cool in pan.

Spread Icing over cake.

Icing: In bowl, combine 6 1/4 cups confectioner's sugar, 1 1/4 cups soft oil and 3/4 cup unsweetened cocoa powder until smooth.

Makes 40 servings (2-by-3 inches); 202 calories, 3.6 g protein, 47 g carbohydrate, 1.2 g fat, 28 mg cholesterol and 59 mg sodium each.

Wise Ways

By CYNTHIA FAUSER

Become hooked on fish and have a good week

Eating at least one meal with fish per week may cut in half the risk of sudden death by heart attack in men, reports a Jan. 7 story in the Journal of the American Medical Association.

This is not the first time the positive health benefits of eating fish have been published, but this study seems significant because it had a large number of participants: 42,551 male physicians ages 40 to 84.

It is important that in this study fish consumption did not mean fewer heart attacks, but fish-eaters may have a better chance of surviving a first heart attack. More than half the 250,000 sudden cardiac deaths — that is, death within one hour of onset — per year have no previous history.

Just one serving of "fatty" fish each week seems to be protective. Fatty fish include tuna, salmon, mackerel and shellfish. There may be something beneficial in fish itself besides fish oil, so it is better to stick with fish-the-food, rather than fish oil-the-supplement.

Fish provides quality protein with less saturated fat

BROILED SALMON STEAKS WITH HERB SAUCE

1 lb. salmon steaks
1 tbsp. margarine
1/4 cup dry white wine
1/2 cup, chopped fresh parsley
1/4 cup, finely herbs or bouquet garni
1 clove garlic, minced

In saucepan over low heat, warm margarine, wine, parsley, herbs and garlic until margarine is melted. Let stand 15 minutes.

Place fish on broiler. Brush fish with sauce. Broil about 4 inches from heat source 4 to 6 minutes. Turn carefully. Brush with sauce.

Broil 4 to 6 minutes longer until fish flakes when tested with fork.

Notes: Can be barbecued instead of broiled. Serve with baked potatoes and baked squash, if desired.

Makes 4 servings; 190 calories, 10 g fat, 90 mg sodium and 75 mg cholesterol each.

Seafood

Continued from page 1
recipes that relate to Today's Food: www.louis-kemp.com (call toll-free 1-800-522-1421), www.safefood.fns.dhhs.gov (or write to: Seafood Success, P.O. Box 2636, Houston, Tex. 77252), and www.nffi.org for the National Fisheries Institute.

SCALLOPS WITH WALNUT AND SNAP PEA ORZO

1 1/4 lb. scallops (about 24 medium)
2 tsp. herbes de Provence or Italian seasoning
8 oz. uncooked (rice and pasta)
(rice and pasta)
1/2 tsp. chopped garlic
8 oz. snap peas, trimmed
1/2 cup chopped walnuts
1 tbsp. basil-flavored or plain olive oil

Rinse scallops and dry well. Sprinkle evenly with herbs.

Cook orzo according to package instructions. Hold in covered pan.

Cook nonstick skillet with nonstick cooking spray. Sauté garlic, snap peas and almost all the walnuts over medium-high heat 2 to 3 minutes. Add to orzo. Re-cover pan.

Cook skillet again with cooking spray. Sauté scallops over high heat 2 minutes on each side until lightly browned.

To serve, place scallops on plate with orzo. Drizzle with oil and sprinkle with reserved chopped walnuts.

Makes 4 servings; 508 calories, 15 g fat, 47 mg cholesterol, 238 mg sodium, 58 g carbohydrate and 35 g protein each.

CRAB STIR-FRY

1 pkg. (8 oz.) surimi (imitation crab) seafood
1 bag boil-in-bag white rice (2 cups cooked)
1 pkg. (10 oz.) frozen stir-fry vegetables with seasoning
Seasoning (if using unseasoned stir-fry vegetables)

Prepare rice and vegetables separately according to package directions.

Two minutes before vegetables are done, add seafood. Blend well after cooking.

Serve over bed of hot cooked rice. Sprinkle with lemon-pepper or season with soy sauce, teriyaki or sweet-and-sour sauce.

Makes 4 servings.

WALNUT-CRUSTED SEA BASS WITH FRUIT SALSA

1 lb. sea bass or any firm white fish, cut in 4 servings
1 cup buttermilk
1/2 tsp. pepper sauce
2 tbsp. fresh lime juice
1/4 tsp. salt
1 large shallot, finely chopped (1/4 cup)
1 can (4 oz.) diced green chiles
2 tbsp. chopped fresh cilantro
6 peaches, peeled, diced (4 cups)
1/2 cup ground or crushed walnuts
Toasted walnut halves and cilantro sprigs for garnish, if desired

Place fish in glass baking dish. Combine buttermilk and pepper sauce. Pour over fish, turning it over to coat both sides. Cover tightly. Refrigerate at least 8 hours or overnight.

To make salsa, stir lime juice and salt in bowl until salt is completely dissolved. Stir in shallot, green chiles and cilantro. Add peaches. Mix well.

Preheat oven to 400°. Coat baking sheet with nonstick cooking spray.

Put walnuts on plate or in shallow bowl. Remove fish from buttermilk and press it into walnuts, coating each side evenly. Place coated fish on prepared baking sheet. Spray fish lightly with cooking spray.

Bake, uncovered, over 400° for 15 minutes until golden brown and fish flakes when tested with fork.

Serve salsa around fish on individual serving plates. Garnish with walnut halves and cilantro sprigs.

Makes 4 servings; 349 calories, 13 g fat, 118 mg cholesterol, 408 mg sodium, 28 g carbohydrate and 31 g protein each.

Recipes

HERBED CHICKEN FINGERS

1/2 cup (2 oz.) shredded mozzarella cheese
1/4 cup prepared pesto
2 tbsp. chopped pimento
1 can (5 oz.) chunk white chicken, drained
2 hard rolls (7 inches long), split, toasted

In small bowl, combine cheese, pesto and pimento. Add chicken.

Toss gently until mixed.

Place roll halves on cookie sheet. Divide chicken mixture between rolls.

Broil 5 inches from heat 2 minutes or until cheese melts.

Makes 16 appetizers.

CHICKEN NOODLE CASSEROLE

Cook 4 cups egg noodles according to package directions. Drain. In large bowl, mix 2 cans (10 1/2 ounces each) cream of mushroom soup, 1/4 cup milk, 1 cup cubed, cooked chicken, 1 can (10 ounces) diced tomatoes and green chiles, and 1 box (10 ounces) frozen mixed vegetables, thawed and drained.

Pour mixture in 13-by-9-inch baking pan.

Bake, covered, in 350° oven 30 minutes or until heated through.

Makes 8 servings.



Tasters were delighted that private label bread sticks baked to warm and golden perfection.

Private Label Test Run

Serve bread sticks and rise to hear grateful applause

Serve bread sticks and the family gives the cook a gold star. Serve private label bread sticks and the person who buys them gets gold stars for their quality and economy, according to results of this week's Private Label Test Run.

Testers tried three tubes — Hyde Park from National Markets, Mexico from Shop 'n Save and Schnucks from Schnucks Markets — of refrigerated dough.

Individual strips of dough from each roll is twisted and baked 15 to 17 minutes on an ungreased baking sheet in a 350° oven to make eight soft bread sticks.

Tasters needed no encouragement. The aroma of "fresh bread," as one person put it, wafted through the hall. Put side by side, they showed differences, partly because those baked on a pan with sides left the tops lighter in color. Otherwise, they were equally appreciated.

"I really could tell very little difference between the bread sticks except in the crispness on the tops. They were all very flavorful. The texture was fluffy and soft, as it should be," a tester said.

The price was about \$1.49, 20 to 40 cents less than a national brand.

"All the bread sticks hit the spot. The Hyde Park did seem a bit oilier and crunchier. All were light and fluffy and tasted like bread sticks. I doubt I could tell a difference between these and the name brand," another tester said.

Individual differences were noted, although it was because they were tested at the same time.

The shopper for the bread sticks also baked them for the testing.

Micro

Only occa

Once in a while most confirmed waist watchers in the hall to indicate decadence boredom, wings will be great size.

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Today's Food

Micro Raves

By JUDY EDDY

Only a stoic passes up occasional decadence

Once in a while, even the most confirmed weight and waist watcher puts aside the halo to indulge in a little decadence. Otherwise, boredom rules and the wings will be sold in a garage sale.

Dessert is usually the deviation of choice. There is less time to change course when it is prepared with the help of a microwave oven.

Pies made with a traditional pudding filling take as much as 30 minutes of constant stirring with stove-top cooking, but preparation in a microwave oven cuts cooking and stirring time in half. Stove-top cooking concentrates the cooking heat on the bottom of the pan, so scorching is always a risk.

Like microwave cooking, heat is achieved from all directions. The ingredients always should be mixed well at the beginning, then stirred again at least twice

during the cooking time, because of the quickness of the cooking from all sides.

Crumb crusts are easy to prepare in a microwave oven. Graham crackers, vanilla wafers, gingersnaps and even leftover cookies make flavorful pie crusts for cream pies.

Break the cookies or crackers into small pieces in a resealable plastic bag. Using a rolling pin, crush them into crumbs. Combine 1 1/2 cups crushed cookie crumbs, 1/4 cup butter or margarine (melted) and 1/2 cup sugar well. Press crumbs against the side and bottom of a greased 9-inch pie plate. Microwave on high power 6 minutes. Let the crust cool before adding the filling.

Chocolate sandwich cookies make a delicious pie crust. Crush 24 cookies, then combine the crumbs with 1/4 cup margarine to prepare one 9-inch crust. For a welcome change to

traditional cream pie, try this fruity combination of pineapple, bananas and a graham cracker pie shell. It will be a dream ticket for a trip to a dream island.

Home economist Judy Eddy specializes in microwave cooking.

ALOHA PIE

2 (9 inch) graham cracker pie shells, cooled
1 can (20 oz.) crushed pineapple
3/4 cup sugar
3/4 cup cornstarch
3/4 cup water
1/2 cup chopped walnuts
1 carton (8 oz.) frozen whipped topping, thawed
1 cup shredded coconut

In microwave-safe bowl, combine pineapple, sugar and cornstarch. Microwave on high power 6 minutes.

For a welcome change to

Blue Ribbon Cook

Warm pizza dip is a family 'keeper'

Patricia A. Schlenk, Maryland Heights, is winner of this week's recipe contest for Pepperoni Pizza Dip. Her prize is dinner certificates at the Pasta House Co.

She "borrowed" the recipe from a choir director, but she knew it was a "keeper" from the first time she made it.

This month's contest is drawing to a close. It requests recipes for anything made with seafood, such as an appetizer, soup, main dish or side dish.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules.

PEPPERONI PIZZA DIP

1 pkg. (8 oz.) cream cheese, softened
1/2 cup sour cream
1 tsp. oregano
1/8 tsp. garlic powder
1/8 tsp. crushed red pepper
1/2 cup pizza sauce
1/2 cup chopped pepperoni
1/4 cup chopped red bell pepper
1/4 cup sliced green onion
1/2 cup (2 oz.) shredded mozzarella cheese or other topping

Beat together cream

cheese, sour cream, oregano, garlic powder and red pepper. Spread evenly in quiche dish or pie plate. Sprinkle with pepperoni, bell pepper and green onion. Bake in preheated oven 10 minutes.

Top with mozzarella cheese. Bake 5 minutes longer.

potatoes are nearly tender. Stir in green onion, salt, thyme and pepper. Bake about 10 minutes or until vegetables are tender.

Yields 4 servings (6 cups).

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FEELING FIT

BY MARK LYMBEROPoulos

Surprise! It's the muscles of your abdomen that are responsible for your smile. Shoulder crutches build strength lying down, knees bent and feet flat, then bring them up and lift head and shoulders off the floor. Feel the small of the back press against the floor.

Stretch time! Keep in mind that it would take 43 minutes of stretching the entire body to lay out every 5 minutes for a row carrot.

Legs: Use a stationary bike or rent equipment until they have achieved some proficiency. Spinal exercises are easier than others and more forgiving of mistakes.

Senior citizens may need extra vitamins. The B vitamins, especially thiamine, are vital to the elderly. They need a diet richer than others and more forgiving of mistakes.

Side-leg lift: Work the gluteal muscles—the butt. Lie on your side, then lift the top leg to extend. Contract the buttocks and slowly lift the straight leg 18 to 24 inches, then lower it.

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Your visit to the Arthritis Service includes an examination by an orthopedic surgeon and an internist. It also may include examination or consultation with a physical therapist, orthopedic nurse, occupational therapist, dietitian and social worker. X-rays and lab tests may be ordered as well.

Fees are charged according to services received. Examinations are by appointment only. Physician referral is not required. For your convenience, a copy of your evaluation report will be sent to your physician.

Date: Friday, March 6, 1998

Information: For an appointment or more information, call Memorial's Physical Therapy Department at 257-5250.

Donald I. Serot, M.D., Orthopedic Surgeon Co-Director, Arthritis Service of Southern Illinois

Judith Wuller, M.D., Internist Co-Director, Arthritis Service of Southern Illinois

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5 lbs. BEEF ROAST	
5 lbs. CENTER CUT PORK STEAKS	
10 lbs. GROUND CHUCK	
5 lbs. BEEF FRYERS	
3 lbs. BEEF FRYERS	
2 lbs. BACON	
6 lbs. FRYERS	

Today's Food

Summer taste ebbs from border

Once a chef, always a chef, it seems. Even though he now lives in happy retirement with his wife, Marlyse, in California, Jean-Paul Weber cannot resist the culinary challenge.

Born and educated in France, he pursued a career as a chef in his native country as well as Germany, England and a decade.

Spain. After a stint in Moscow in the early '60s, he opened Maxim's de Paris in Chicago, managed Chez Paul Restaurant in Chicago and Jean-Paul Restaurant in Milwaukee.

PBS fans recognize him from his cooking show, "Cooking with a Continental Flavor," for more than



Fresh and luscious grapes are signs that summer, which has taken hold in South America, is flowing into the U.S.

"Weight" A Minute

Memorial's Project Trim can help you re-think your eating habits.

Program:

"Project Trim" is an eight-week weight loss program developed by the St. Louis Dietetic Association. This program is based on behavior modification with a specific plan and goal for each participant. An exercise program also is available.

Date and Time:

Class begins Thursday, March 12, 1998
6:30 to 8 p.m.

Cost:

\$50.00 class only
\$80.00 with exercise component*

* The exercise program includes a TWO-MONTH MEMBERSHIP TO BELLEVILLE HEALTH AND SPORTS CENTER. An introductory class will be held.

Place:

"Project Trim" is held in Memorial Hospital's auditorium.

The exercise program is held at Belleville Health and Sports Center, 1001 S. 74th Street, Belleville

Information:

Class size is limited. To register, call Memorial's Community Relations Department at (618) 257-5649.



BLACK AND WHITE GRAPE TART

1 1/4 cups plus 1 tbsp. flour

Pinch salt

6 tbsp. cold butter, cut in

1/2 cup sugar

2 to 3 tbsp. ice water

2 cups green seedless

grapes

2 cups black or red

seedless grapes

1/2 cup milk (2 percent

recommended)

3 eggs

1/4 cup extra-fine sugar

1/2 tsp. vanilla

Confectioner's sugar for

dusting

Fresh grape clusters for

garnish, if desired

In bowl, combine 1 1/4 cups flour and salt. Using pastry

blender or 2 knives, cut in

butter until mixture resembles coarse meal. Add 2 tablespoons ice water. Mix with fork until dough comes together. Add more water, if necessary.

On lightly-floured work surface, knead dough briefly into ball. Wrap in plastic wrap. Flatten into disk. Freeze 15 minutes, or chill 1 hour or overnight.

Grease and lightly flour 11-inch tart pan with removable bottom. Roll chilled pastry on lightly-floured surface into 13-inch circle. Line pan with it. Remove excess dough, if necessary. Chill 15 minutes. Preheat oven to 375°.

Cut round of parchment paper to fit pan, leaving 1-inch overhang. Line pastry with paper. Fill with dried beans. Bake on lowest rack of preheated oven for 15 minutes. Cool 5 minutes. Remove beans and paper.

Cool completely. Rinse grapes; remove stems and dry.

In blender, combine milk, eggs, sugar, remaining 1 tablespoon flour and vanilla. Blend well.

Spread grapes in single layer over cooled pastry. Whirl milk mixture again and carefully pour over grapes.

Reduce oven temperature to 350°. Bake tart on lowest rack of oven about 25 minutes until custard is set and surface is golden brown.

Cool on rack 30 minutes. Remove rim. Cool completely.

Slice in wedges. Dust with confectioner's sugar. Serve at room temperature, garnished with fresh grape clusters.

Makes 8 to 10 servings.

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BEEF AND ORIENTAL
In 10-inch
medium-high
pounds lean
until browned
separate meat

Today's Food

BEEF AND VEGGIES ORIENTAL-STYLE

In 10-inch skillet over medium-high heat, cook 1 1/2 pounds lean ground beef until browned, stirring to separate meat. Spoon off fat.

Stir in 1 can (26 ounces) tomato soup and 1 teaspoon Worcestershire sauce and 2 tablespoons soy sauce. Add 1 package (16 ounces) frozen stir-fry vegetables. Heat to boiling. Reduce heat to low. Cook 5 minutes, stirring occasionally.

Serve meat mixture over hot cooked rice (prepare 3 cups uncooked). Top with canned rice noodles, if desired.

Makes 6 servings.



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Pot roast is back with savory vengeance for old-fashioned food to eat on Sunday afternoon.

Barley cuts creamy swath around tender pot roast

If mom's Sunday pot roast seems to be just a delicious memory, there is good news. Pot roast is making a comeback in restaurant menus and on home tables. What is the appeal of pot roast?

First, any beef chuck pot roast works fine to give the fabulous flavor that comes from slowly braising a flavorful beef cut until it is fork-tender.

On the second front, it's the simple braising technique that enables a cook to

put on a pot roast, then go about other activities, and cook it without constant attention. The 1-2-3 easy steps to braising—brown the pot roast, add the liquid, simmer with the pan tightly covered—are a busy cook's delight.

Braised Beef with Mushrooms and Barley begins with a boneless beef chuck pot roast cooked with onion, garlic and mushrooms. Barley is added during the last hour of cooking. To assure beef is tender and

flavorful, it must be simmered gently, not boiled, or the beef may be tough and dry.

Green peas and sour cream can be stirred into the barley to make a creamy, tangy side dish. If desired, drizzle the beef slices with warmed brown gravy already prepared for convenience.

Add a mixed green salad and dessert to round out the menu—and the Sunday day pot roast tradition comes home again.

Simmer, tightly covered, 1 1/2 hours.

Add barley. Cover. Continue cooking 45 to 60 minutes until beef and barley are tender. Remove beef to serving platter and keep warm. Remove bay leaf.

Add peas and sour cream to pan. Heat and stir until hot.

Cut meat in thin slices. Serve with barley mixture.

Makes 8 servings; 293 calories, 31 g protein, 15 g carbohydrates, 12 g fat, 498 mg sodium and 91 mg cholesterol each.

Recipe

SOUTH-OF-BORDER MAC 'N' CHEESE

1 lb. ground beef
1 clove garlic, minced
12 oz. velveeta cheese, cubed
(about 2 cups)
1 jar (16 oz.) salsa
1 tsp. chili powder
8 oz. uncooked tricolor rotini pasta
3/4 cup sliced ripe olives
1 can (2.8 oz.) french-fried onion rings

Preheat oven to 350°. Grease 2 1/2-qt. casserole. Cook pasta according to package directions. Drain. In casserole over medium heat, cook ground beef and garlic until beef is no longer pink, stirring to break up meat. Add cheese, 1 cup salsa and chili powder. Cook and stir until cheese melts.

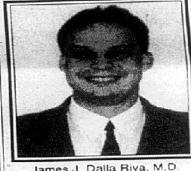
In prepared casserole, combine pasta, beef mixture and 1/2 cup olives. Top with remaining salsa.

Bake, covered, in preheated oven 20 minutes. Remove from oven. Top with onion rings and remaining olives.

Bake, uncovered, 5 minutes.

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Today's Food

Summer taste ebbs from south of border

Once a chef, always a chef, it seems. Even though he has lived in happy retirement with his wife, Marlyse, in California, Jean-Paul Weber cannot resist a culinary challenge.

Born and educated in France, he pursued a career as a chef in his native country, as well as Germany, England, and Spain. After a stint in Moscow in the early '60s, he opened Maxim's de Paris in Chicago, managed Chez Paul Restaurant in Chicago and Jean-Paul Restaurant in Milwaukee.

PBS fans recognize him from his cooking show, "Cooking with a Continental Flavor," for more than a decade.

When the Chilean Fresh Fruit Association announced a "Taste of Summer in Winter" recipe contest, Weber, only to protect his name, heard his name trumpeted.

Contest judges decided he has not lost his touch. His recipe for a classic open-faced tart filled with custard and topped with fresh grapes tied for the winning dessert in the southwest region.

Because of the opposite growing seasons in the Southern Hemisphere, Chile is able to send fresh grapes, as well as peaches, nectarines, passion fruit, blueberries, blackberries, and raspberries to U.S. shores for a taste of summer that warms North America's winter.

A world-class chef like Jean-Paul Weber appreciates this kind of care and the ability to use fresh fruits in a winning classic, like his grape tart.

BLACK AND WHITE GRAPE TART

1 1/4 cups plus 1 tbsp. flour
1/2 tsp. salt
6 tbsp. cold butter, cut in bits

2 to 3 tbsp. ice water
2 cups green seedless grapes

2 cups black or red seedless grapes

1/2 cup milk (2 percent recommended)

3 eggs
1/4 cup extra-fine sugar

1/2 tsp. vanilla
Confectioner's sugar for dusting

Fresh grape clusters for garnish, if desired

In bowl, combine 1 1/4 cups flour and salt. Using pastry blender or 2 knives, cut in butter until mixture resembles coarse meal. Add 2 tablespoons ice water. Mix with fork until dough comes together. Add more water, if necessary.

On lightly-floured work surface, knead dough briefly into ball. Wrap in plastic wrap. Flatten into disk. Freeze 15 minutes, or chill 1 hour or overnight.

Grease and lightly flour 1-inch tart pan with removable bottom. Roll chilled pastry on lightly-floured surface into 13-inch circle. Line pan. Remove excess dough, if necessary. Chill 15 minutes.

Preheat oven to 375°.

Cut round of parchment paper to fit pan, leaving 1-inch overhang. Line pastry with paper. Fill with dried beans. Bake on lowest rack of preheated oven 20 minutes. Cool 5 minutes. Remove beans and paper. Cool completely.

Rinse grapes; remove stems and grapes.

In blender, combine milk, eggs, sugar, remaining 1 tablespoon flour and vanilla. Blend well.

Spread grapes in single layer over cooled pastry. Whirl milk mixture again and carefully pour over grapes.

Reduce oven temperature to 350°. Bake tart on lowest rack of oven about 25 minutes until custard is set and surface is golden brown.

Cool tart on rack 30 minutes. Remove rim. Cool completely.

Slice in wedges. Dust with confectioner's sugar.

Blue Ribbon Cook

Warm pizza dip is a family 'keeper'

Patricia A. Schlenk, Maryland Heights, is winner of this week's recipe contest for Pepperoni Pizza Dip. Her prize is dinner certificates at the Pasta House Co.

She "borrowed" the recipe from a choir director, but she knew it was a "keeper" from the first time she made it.

This month's contest is drawing to a close.

It requests recipes for anything made with seafood, such as an appetizer, soup, main dish or side dish.

Send a single recipe by Sunday to: Seafood Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, 63131.

Entries will be judged for a prize of dinner certificates from Pasta House Co. to be awarded each of the four Wednesdays during

March. Type or print it legibly on

PEPPERONI PIZZA DIP

1 pkg. (8 oz.) cream cheese, softened
1/2 cup sour cream
1 tsp. oregano
1/8 tsp. garlic powder
1/8 tsp. crushed red pepper flakes, if desired
1/2 cup pizza sauce
1/2 cup chopped pepperoni
1/4 cup chopped red bell pepper
1/4 cup sliced green onion
1/2 cup (2 oz.) shredded mozzarella cheese or other topping

Beat together cream cheese, sour cream, oregano, garlic powder and red pepper. Bake 10 min.

Micro Raves

By JUDY EDDY

Go for the decadence

Once in a while, even the most confirmed weight and waist watcher puts aside the halo to indulge in a little decadence. Otherwise, boredom rules and the wings will be sold in a garage sale.

Dessert is usually the deviation of choice. There is less time to change course when it is prepared with the help of a microwave oven.

Pies made with a traditional pudding filling take as much as 20 minutes of constant stirring with a stove-top oven, but preparation in a microwave oven cuts cooking and stirring time in half. Stove-top cooking concentrates the heat on the bottom of the pan, so scorching is always a risk.

In microwave cooking, heat is achieved from all directions. The ingredients always should be mixed well at the beginning, then stirred again at least twice during the cooking time.

because of the quickness of the cooking from all sides.

Crumb crusts are easy to prepare in a microwave oven. Graham crackers, vanilla wafers, ginger snaps and even leftover cookies make flavorful pie crusts for cream pies.

Break the cookies or crackers into small pieces in a resealable plastic bag. Using a rolling pin, crush them into crumbs. Combine 1/2 cups crushed cookie crumbs, 1/2 cup butter or margarine (melted) and 1/4 cup sugar well. Press crumbs against the side and bottom of a greased 9-inch pie plate. Microwave on high power 2 minutes. Let the crust cool before adding the filling.

Chocolate sandwich cookies make a delicious pie crust. Crush 24 cookies, then combine the crumbs with 1/4 cup margarine to prepare one 9-inch crust.

For a welcome change to traditional cream pie try this fruity combination of

pineapple, bananas and coconut in a graham-cracker pie shell.

ALOHA PIE

2 (9 inch) graham cracker pie shells, cooled
1 can (20 oz.) crushed pineapple
3/4 cup sugar
3 tbsp. cornstarch
3 bananas, sliced
1 1/2 cups chopped walnuts
1 carton (8 oz.) frozen whipped topping, thawed
1 cup shredded coconut

In microwave-safe bowl, combine pineapple, sugar and cornstarch. Microwave on high power 6 minutes or until thickened, stirring at least twice to distribute cornstarch evenly. Let cool.

Lay banana in bottom of the cooled crusts. Sprinkle with walnuts. Pour cooled pineapple mixture on top.

5

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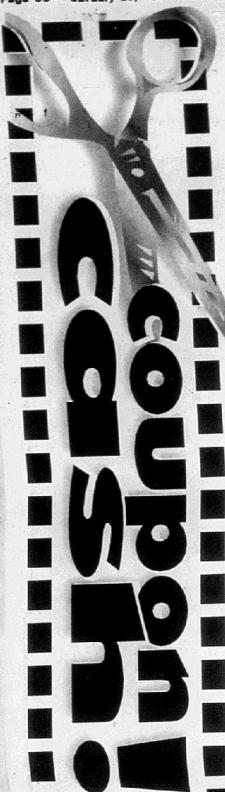
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Nowadays, there's no need to fret hair loss



Hair cloning, laser technology, and mega-graft sessions are among the breakthroughs in hair restoration surgery currently being studied by specialists from the International Society of Hair Restoration Surgery.

Despite the recent introduction of products claiming to stimulate hair growth, hair restoration surgery remains the only permanent solution for hair loss and alopecia, a problem that affects two in five (35 million) males, and one in four (21 million) females in the U.S.

Hair restoration surgery has grown from a \$42 million industry in 1981 to an \$800 million industry in 1994. According to specialists, it has become the most popular medical surgery for men in the U.S.

Hair restoration surgery is more popular today because the product is better," said Dr. Robert Leonard, president of past president of ISHRS. "Specialists no longer use the painful, bloody techniques of the early 1980s where large plugs of hair follicles were shaved from the head and sown to another, often resulting in a 'corn-row' or 'toothbrush' effect. Today, we are able to transplant single hair follicles for a softer, more natural-looking hairline."

New techniques are based upon the concept of hair eco-

nomics, which appreciates that a limited supply of hair exists with demand increasing as the supply decreases over time. As such, specialists need to develop a strategy or "blueprint" of hair restoration based on prediction of future hair loss for an individual.

"The hair restoration specialist and patient work as partners to achieve desired results," said Dr. Leonard. "In this way, hairline transplants performed at an early age are not 'isolated' by future hair loss, creating uneven and/or falloff-looking hairlines later in life."

"Our specialty's specific function makes the majority of the hair left is left by either removing remaining hair or reducing bald scalp," said Dr. James Vogel, president of ISHRS. "The art of our specialty is knowing how to create a natural hairline by placing hair follicles in the appropriate areas with the appropriate density."

Although hair restoration surgery is still somewhat challenging, images of the past, specialists predict it will continue to grow in popularity as advancements progress in the field and temporary topical treatments like Minoxidil (Rogaine) fail to provide expected results.

According to a recent study,

Minoxidil provides a full head of hair in only five to ten percent of cases, and moderate hair growth in only 15 to 20 percent of cases. In clinical trials of women ages 18 to 45 with mild to moderate degrees of hair loss, only 19 percent reported only moderate regrowth, while 40 percent had no regrowth after using Minoxidil for eight months. Additionally, hair growth will cease if Minoxidil is not applied twice daily.

The failure of temporary topical products like Rogaine, coupled with the increased low self-esteem associated with hair loss, compounds the impact of balding on all aspects of sufferers' lives especially with regard to patients' psychological, social and emotional well-being," says Leonard.

With the exception of hair restoration surgery, methods used to battle hair loss require continuous investment for cleaning, for replacement, for cultural hair growth and/or its color change. For example, the overall cost for a person to purchase and maintain hair loss beginning at age 35 and ending at age 65 is estimated \$50,000 to \$70,000, while topical remedies require an estimated long-term investment of

\$12,600. In comparison, the estimated cost for permanent hair restoration surgery ranges from \$8,000 to \$30,000, depending upon the number of surgical procedures required over the course of one's life, a 15 to 20-year time period.

"By the time sufferers see a hair restoration specialist, they have already learned to have a full head of hair from Rogaine or hair additions and hard work," says Leonard.

Hair Transplantation:

A clinical study under way

Session 1000000

transplants, the newest breakthroughs that point the way to the future of hair restoration surgery are the following:

Clonigen Human Hair For Transplantation:

A clinical study under way has successfully taken a patient's hair follicles, grown it in a cell culture, and transplanted it into a human forearm.

Refinement of this technique

has the potential to revolutionize the specialty.

If we have a restored any clonigen, the law of hair economics will be less of an obstacle for specialists," said Dr. Jerry Cooley of the Department of Dermatology at the University of Maryland in Baltimore, who coordinated the study. "The use of hair for transplantation would be unlimited, offering the potential to even recreate a full head of hair."

Duplicated from a previous study on animals, the preliminary study is based upon cell therapy, a concept currently being investigated for cancer research, whereby cells from one person are allowed to multiply indefinitely.

Mega-Graft Sessions:

Mega-graft sessions allow many hair follicles to be transplanted into the scalp at the same time. This eliminates the need for a patient to undergo the 3-5 procedures previously required, where only a few hundred hair follicles could be transplanted at a time. In addition, the cost of mega-graft sessions is considerably less than transplants completed over the course of several sessions.

An additional advantage of mega-graft sessions is that they transfer thousands of hair grafts into recipient sites, eliminating the need to undergo several sessions to complete hair restoration goals.

The number of grafts transplanted in any one session can be as high as 4,000 (compared to 250 in a normal session), depending upon the amount of donor hair available and the amount of bald area to be covered.

The Role of Laser Technology in Hair Restoration Surgery:

Though hair transplantation

has evolved to the point where very little visible scarring occurs, even with conventional surgery, laser technology offers a potential alternative to improvement, ultimately even "scalpless" surgery.

Options exist for replicating scalpels with high intensity lasers in the transplantation of hair grafts which would allow for quicker and significantly less bloody procedures.

Hair Transplants For Women:

Hair transplantation, previously not considered a remedy for women suffering from hair loss, is a promising option now that a more advanced understanding of the condition in women exists among specialists.

Although women lose hair diffusely as opposed to in specific areas, healthy hair follicles can be transplanted from a dense area of the scalp to a sparse area.

Eyelash And Eyebrow Restoration:

Hair can be restored anywhere on the body. Long eyelashes and perfectly-arched eyebrows are possible by using the same techniques used in hair transplantation for the scalp. A similar procedure, the "eyelash lift," can be performed in approximately ten minutes.

Self-Esteem Plays Major Role:

Products called "Psy-

chological Surgery."

Alopecia may be a more important issue than most people realize. A recent survey conducted by American Online showed that 9 percent of users would trade five years of their life for a full head of hair.

"Hair has always played an important role in society and self-esteem," said Dr. Leonard. "A full head of hair represents youth, virility and attractiveness, an image most people want to maintain throughout life."

Specialists predict that as younger, more active generations continue to age and therefore desire a more youthful appearance, the procedures will become even more popular, especially among baby boomers, who are reaching an age often characterized as "transitional" in terms of hair loss.

"Recent advancements in the field of hair restoration surgery create a viable and preferred option for a wide range of men and women of all ages, lending new hope to many. Hair restoration surgery has become an 'investment' in self-esteem from the top down. We often call what we do 'paying for a head'—based upon the remarkable degree of patient gratification associated with these types of procedures," says Vogel.

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Working is a way of life for some senior

Frank Lewis runs the gift shop inside the Kentucky Capitol. He closes early at 3 p.m., then sits in an hour and a half on the visitor information desk.

He works some weekends, helping to staff weddings and other special events at state-owned Berry Mansion. He also has a part-time job at a local electrical equipment store. In his spare time, Lewis does custom framing at his house. He is 61.

He is part of a growing population group: men and women who are of retirement age but aren't retired.

In the last census, 46,616 Kentuckians were 65 or older. About one in 10 was still working, for a variety of reasons.

Some needed a job for personal satisfaction. Some needed regular contact with other people. And in a 1995 survey by the Kentucky State Data Center at the University of Louisville, practically all

said they needed the money.

"You've got a lot of people who basically don't have a retirement income other than Social Security," Ron Crouch, director of a center, said in an interview. "Social Security is very difficult to live on. It was never really set up to be a retirement income to cover all your expenses."

Lewis said he had only a modest pension when he retired from the Housing Authority of Frankfort in 1979. That by itself was enough to put him back in the job market.

He was perpetually active, having given decades of service to church and community. That included disaster relief work for the Kentucky Baptist Convention, 55 years as a leader and volunteer with the Boy Scouts.

Ask Lewis why he works, and he says: "I've got to. I couldn't go home and sit down."

"People are living

longer, but they may not be retiring longer," said Taylor Davidson, an issues coordinator for the American Association of Retired Persons, AARP.

"A lot of people find retirement is not as fulfilling as they thought it'd be."

Nor is it financially secure.

Crouch said he expected the 65-and-up population to include a steadily increasing percentage of workers as people live longer and the adequacy of pensions becomes more suspect.

In 1950 the average retirement age was 69, and the average person lived five years in retirement," Crouch said.

Now the average person is living 20 years in retirement, and we're heading toward a system where people could be living 30 and 40 years in retirement. Can we afford that? That's a reality nobody wants to talk about."

As for pensions, the

norm once was "defined benefit." A retiree got so much money per month for as long as he lived. Three-fourths of new pensions in the United States are called "defined contribution," Crouch said. "When you retire, you get so much a month until the money runs out."

Also, retirement often means an end to or increased cost of insurance for health and prescription medicine, plus the loss or share reduction of life insurance.

"People in their 60s and 70s are going to find out their pension is not sufficient to live on. They're going to have to work part time," Crouch said.

Green Thumb Inc., an organization that runs older-worker employment and training programs in state schools, the Department of Labor, says workers 55 and older were 12.2 percent of the labor force in 1992. The Bureau of Labor Statistics expects them to be 14.2 percent of

the labor force by 2005.

To focus on this segment of the work force, Green Thumb, based in Arlington, Va., has launched a search for the country's oldest worker. The promotion also is to include selection of a "Golden" oldest worker from each state. Nominees must work at least 20 hours a week.

A goal of the contest is "to rid folks of the myths about older workers—that they don't learn easily, they don't work consistently," said Pat

Popp, director of a job training and placement program in the state Division of Aging.

"What we're trying to get across is that older workers do make good workers. They're conscientious."

Crouch said the initiative by Green Thumb and the states "is very important in the sense that I think the results are starting to hit more and more people that we've been oversold on retirement."

—Associated Press

ESL enters race for land

What was a two-way battle between the city of Madison and village of Fairmont City to take control of a former village in National City has become a three-way race.

But St. Clair County State's Attorney Robert Haida said Tuesday that action by the National City Village Board Friday is probably illegal.

On Monday, East St. Louis Mayor Gordon Bush said his city is interested in annexing about 100 acres in the former National City and adjacent riverfront property.

"We see this as an opportunity for the city to expand its boundaries and to enhance eco-

nomic opportunities," Bush said.

Bush said East St. Louis could use the property for a long-planned warehouse or an industrial park.

The remaining obstacle is to get property owners to agree to the annexation, he said.

"We're just very excited about this opportunity," Bush said. "We plan to make it happen."

On Friday, the East St. Louis City Council approved extending police and fire protection to the former village and start working toward annexation.

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Is in need of volunteer, ages 18 or over, with Bipolar Disorder who are currently depressed but who have a history of mania or hypomania to participate in a research study comparing an investigational drug with a placebo for this disorder. Symptoms include:

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Suitable volunteers will receive a study related medical and psychiatric evaluation and study drug from a psychiatrist free of charge. If you or someone you know would like to be considered for a study please call (618) 659-0292.

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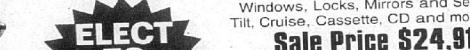
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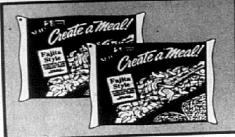
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ORIGINAL OR FLAVORED
Harvest
Burgers.... **2/3.99**

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PKG.

SAUSAGE, CHICKEN, BEEF OR
Tuna
Tyson Chicken
Strips.... **2/7**

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PKG.



1 cup Green Giant® Frozen Sweet Peas
(From 1-lb. pkg.)

1 teaspoon dried thyme leaves

1 tablespoon Worcestershire sauce

Beef and Biscuits

1 (10.8-oz.) can Pillsbury® Grand®
Refrigerated Buttermilk Biscuits
1 (40-oz.) can beef stew

1. Heat oven to 375 Degrees. Bake biscuits as directed on can, keep warm
2. Meanwhile, in large sauce pan combine stew, peas, thyme and Worcestershire sauce; mix well. Bring to a boil. Reduce heat; simmer, uncovered, 10-15 minutes or until thoroughly heated, stirring frequently.
3. To Serve, split warm biscuits; place 2 halves on each plate. Spoon stew mixture over biscuit halves. Makes 5 servings.

Pillsbury

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Turkey and Cheddar Crescent Wraps

8 thin slices cooked turkey
8 tablespoons chopped broccoli

1 (8-oz.) can Pillsbury Crescent®
Crescent rolls
8 thin slices Cheddar cheese

1. Heat oven to 375 degrees. Grease a cookie sheet. Separate dough into 8 triangles.
2. Cut each cheese slice into 3 strips. Top each triangle with turkey slice, 3 cheese strips, and 1 tablespoon broccoli; roll loosely from shortest side of triangle to opposite point, as shown in diagram on Crescent Roll package. Place point side down on greased cookie sheet.
3. Bake at 375 degrees F. for 12 to 15 minutes or until Crescent Roll is golden brown. Makes 8 sandwiches.

Pillsbury

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Chocolate Cherry Bars

Bars
1 pkg. Pillsbury® Moist Supreme®
Devil's Food Cake Mix

1 (21-oz.) can cherry fruit filling

1 teaspoon almond extract

2 eggs, beaten

1. Heat oven to 350 degrees. Grease and flour 15x10x1-inch baking pan or 13x9-inch pan. In large bowl, combine all bar ingredients; stir until well-blended. Spread in greased and floured pan.

2. Bake at 350 degrees until toothpick inserted comes out clean.

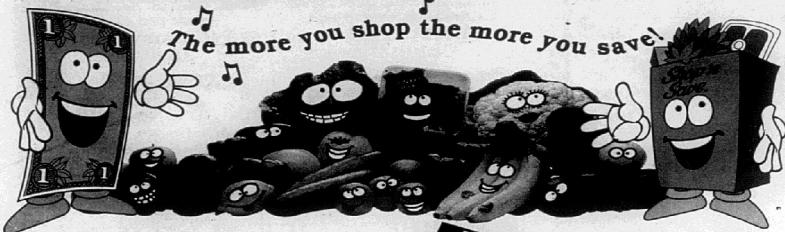
For 15x10x1-inch pan, 20 to 30 minutes. For 13x9-inch pan, 25-35 minutes.

3. In small saucepan, combine sugar, milk and margarine. Bring to a boil. Boil 1 minute, stirring constantly. Remove from heat; stir in chocolate chips until smooth. Pour and spread over warm bars. Cool completely.

Cut into bars. Makes 48 bars.

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12/12-OZ. CANS
Pepsi, Diet Pepsi,
or Mountain Dew
2/589
12/12-OZ. CANS

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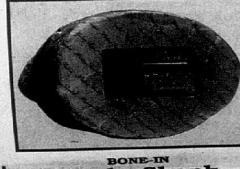
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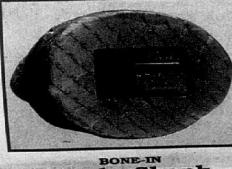
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CHUBBY CHICKEN, FRESH Boneless Skinless Chicken Breast

187
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BONE-IN Cooks Shank Portion Ham

99¢
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CENTER CUT Cooks Ham Steak

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lb.

SHOP 'N SAVE Pork Sausage

2/\$3
lb.

Jennie-O Ground Turkey

89¢
lb.



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AUTOMOTIVE

GMC's Sportside

Sonoma is a
sports-car
pickup

By Tom Strongman

Sonoma

GMC scored a coup last year with a sporty Sonoma pickup that feels like a sports car when you hustle it around a freeway exit ramp like Mario Andretti.

It's back this year, but even better because it has a new instrument panel, second-generation bags for both driver and passenger and a new front face that looks cleaner and smoother.

Officially called the Sonoma Sportside, this little pickup sits low on its haunches, with fat 16-inch tires poking out from under its Sportside rear fenders. It looks like the kind of street runner hot-rodders would drive to keep the wear and tear off of their custom car.

What was the genesis of the Sportside? Let's face it, most compact pickup trucks are the modern-day equivalent of the sports car, and they are used for different reasons, like commuting. That's being the case, why not make that behaves more like a sports coupe in everyday driving?

The magic numbers here are 203, the factory code for the Sport suspension. When this option is selected, you get 8-inch-wide aluminum wheels, low-profile tires and recalibrated springs, shocks and anti-roll bars. Structural reinforcements - in the form of a center driveshaft bearing support and a single-piece front track bar - also are present to keep the frame from flexing. That in turn keeps the wheels in solid contact with the road. Even the power steering gets more road feel and a quicker ratio.

While this may seem like too much technical information, what's important is how well it works. In most cases you never would know you're driving a truck. The ride is pliant but firm, and it doesn't bounce or jar you like some empty pickups do. On the highway it is as composed as the family sedan (better

than some, actually). It loves twisting roads, because it clings to the pavement like socks to the inside of the clothes dryer.

Last year you had to pay extra for the V-6 engine. If you wanted the Sport suspension, which makes sense since it is more fun to drive with 175 horsepower under foot. This year, however, buyers will choose from over power cars for the 2.4-liter four-cylinder engine. Even though this engine has only 120 horsepower, it is rated at 22 mpg city, 28 highway, vs. 17 city and 23 highway for the V-6. The four-cylinder also would be a better choice for the money.

Our Sportside test truck was equipped with the Vortec V-6, an engine that has good low-end response. The five-speed manual transmission is fun to drive, but the linkage transmits a fair amount of noise and vibration into the shift lever, especially when you

are standard, as is a switch that allows the passenger-side door to be turned off. A new set of gauges are housed in a large, semi-circular hood behind the steering wheel, where they can be read quickly and easily. Angling the center section of the dash toward the driver puts controls for the radio and heater closer to the driver.

A new console separates the front bucket seats, which are configured to hold the driver securely, although the seat is longer than ever for better under-thigh support.

New door panels have large map pockets and molded-in cup holders that supplement the two already in the center console.

Small trucks and extra-cab cabs are standard. The Sonoma's longer cab is even more useful by a small third door. Located on the driver's side and hinged at the rear, it provides access to the space behind the front seats. You can store bags or even suitcases back there, although the fold-down seat is just big enough for a very small child. Mostly the door means you don't have to tip the seat forward or reach around it to get something out.

Creating a small truck with street-rod looks and the footwork of a sports coupe is smart, since so many pickups are driven like cars.

The base price of our test truck was \$16,176. It was equipped with the \$3,047 sportside package, which included the sportside body, SLS decor, 4.3-liter V-6, AM/FM stereo cassette, air conditioning, tilt wheel, cruise control and Sport suspension.

Additional options of the third door and high-back bucket seats brought the sticker price to \$19,649.

The standard warranty is for three years or 36,000 miles.

The Sonoma Sportside looks slick and handles more like a sports coupe than a pickup truck.

The new dashboard is a significant improvement over last year. Dual air bags

drive it hard. Because the automatic is quicker and smoother, I would choose it for everyday use and give up the small loss in performance.

The new dashboard is a significant improvement over last year. Dual air bags

Chevy's namesake was racer, engineer, mechanic

By Rick Stoff

Chevrolet has long been one of the most successful automobile brands ever. The company's namesake, however, was a struggling race driver who was associated with the company only briefly and became better known for his disasters than his successes.

In his later years, after the Chevrolet car challenged even the mighty Ford for the hearts of American motorists, Louis Chevrolet was reduced to working on an assembly line, along with the other blue-collar employees, building Chevrolets.

Louis Chevrolet was born in Switzerland in 1878. His family moved to the U.S. when he was still a boy. As a young man he went to Canada, seeking work in the burgeoning auto industry, and ended up in New York. There he worked as a mechanic and eventually got a chance to drive an imported Fiat in an auto race.

That began a chain of successes, near-misses and solid hits that made Chevrolet one of the best-known racing drivers in the U.S. He is lucky to have survived those days of racing, in which the cars were brutal but produced car after car that could handle the suspension and steering components often could handle. One historic account estimates Chevrolet spent three years of his 15-year driving career in hospitals.

The early days of the century were full of experimentation and innovation. Chevrolet had a sharp mechanical mind that was put to use assisting in the designs of racing and street machines.

Eventually he came to know William Durant, the tycoon who was forming General Motors. He was involved in the development of the concept for a light street car that emulated the more advanced cars being made in Europe at the time. This car became the first production machine known as a Chevrolet. It was a 1908 model with a 290-cubic-inch, 40-horsepower engine. Production totaled 2,999. It didn't take long for Chevrolet, well-known for his terrible temper, to part with Durant over the direction being followed by the Chevrolet brand. General Motors ended up with him, and Chevrolet ended up with nothing to show for his unbelievable contribution to automotive history.

By 1920 the Chevrolet company sold 150,000 cars a year. In 1925 production exceeded 500,000.

Chevrolet the racing driver won many major races but always fell just short of winning the big one, the Indianapolis 500, which was won by his brother Gaston in 1920. Gaston was killed in a racing accident later that year.

Louis Chevrolet continued to develop cars and engines for other companies. He was involved in a promising plan to produce aircraft engines, but the Depression hit before that effort could get off the ground, literally.

In 1933 Chevrolet began work in a Chevrolet plant as an automotive mechanic. As the Depression faded, he again found work as an engineer. He suffered declining health, however, and died in 1941.

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Successful applicants must be able to present a valid Social Security card and must live in (or be willing to move into) the library district.

Applications may be obtained at the library during library hours. The library is located at 2001 Delmar Avenue, Granite City, Illinois 62040. EOE.

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